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Healthy Children.

HOW TO GET THEM!

OR,

USEFUL INFORMATION FOR ALL.

TELLING YOU

HOW TO LIVE IN HEALTH, WHAT TO DO IN DISEASE,

WITH AN ESSAY ON

Temperamental Adaptation,

or, What Kind of Persons
should Marry.

At What Time they should
Marry.

and its Relations to future Generations through the Offspring.

WITH GENERAL REMARKS ON

Hygiene, and the Laws of Life and Health:

TOGETHER WITH

PERSONAL REMARKS TO WOMEN IN RELATION TO THEMSELVES.

BY

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CHAPTER I.

PHYSIOLOGICAL MARRIAGE.

It is a very gratifying and also healthy sign of the times to hear that people are desiring to know how to live, and that the preservation of health is receiving unusual attention and interest. This is shown in the literature of the times; for you can scarcely take up a periodical, or even a newspaper, but it contains some article in relation to Hygiene, Physiology, or kindred subjects. Physicians are continually being asked by patients and friends as regards regimen, texture and quantity of clothing, advantageous or detrimental influences of occupation, peculiarities of climate, and the proper time and amount of exercises suitable to him or her. It is the popular idea that the only functions of a physician are to diagnose, prognose, and prescribe; or, if a surgeon, to operate. Nor is this idea wholly confined to the popular mind. Members of the profession share in it to an extent which renders all new departures more or less hazardous to the popularity and pecuniary success of those who have the temerity to make them. To be a physician in good and regular standing, is to confine one's self exclusively to the accepted teachings of what is termed the regular school, and to resort to only such means as are commended by its recognized savans for the eradication of disease. The main and all-engrossing objects are, to cure those who become ill, to acquire an honorable reputation for success, and to receive just remuneration for services rendered. Occasionally one may be strong and popular enough to boldly enter the field of hygienic reform, and write books and essays in language which will interest the popular mind on subjects relating to the *preservation* of health; but such reformers are always jealously

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watched from behind the gold-rimmed spectacles which rest upon the noses of the Old School fathers, who fatten upon the ills which proceed, in some measure, from popular ignorance of hygiene. It is anything but agreeable to have such critical eyes resting upon one who desires to occupy a high seat in the orthodox school of medicine ; and, consequently, comparatively little light falls upon the popular mind from the school which has thus far managed to preserve an ascendancy in this country. Descending, as the latter would say, or, ascending, as we would put it, from the platform of allopathy to eclecticism and homœopathy, we encounter an army of earnest workers, who have the *reputation* of working for self-aggrandizement and material recompense, and the *internal satisfaction* of laboring primarily for the public good—earnest workers, I say, who are telling the common people, in lectures, essays, and books, something which they can comprehend, bearing upon the avoidance of those causes which provoke disease and bring suffering to the human family. To the credit of the new schools, be it said, they have confidence in the intelligence of the non-professional ; in even the possibilities of the ignorant masses ; and the devotees of these schools stand ready to pass down to the people the fruits of medical science as rapidly as they can be gathered and made palatable and serviceable to the popular understanding. For this, all praise to what are denominated the new schools of medicine, by whatever name known. //

In writing on the subject,

HOW TO LIVE IN HEALTH,

we must go back considerably farther than the time when we are capable of thinking, judging, and acting for ourselves, and study the influences exerted upon our future lives by those causes that are beyond our control—I mean the period in which we are formed in secret—and we must study well the influences that are operating through our parents upon us, either for weal or for woe, before we are placed upon this outside world ; and that brings us to one of the most important subjects that can be placed before the public mind. I speak of

PHYSIOLOGICAL MARRIAGE,

and by that we can study how the act of generation may be

made the instrument of moral and physical renovation. There are at present a few philosophers, more numerous outside than inside the medical profession, who claim that we shall not need what the theologians call *regeneration* if we give proper attention to GENERATION. Whatever it may be necessary to do in conformity to the religious idea of regeneration, I am firmly convinced that physical regeneration at the hands of the doctors would become unnecessary, if mankind will allow themselves to become, for a few centuries, thoroughly informed upon the laws governing *physical generation*. The human family is sick ; our planet is a huge revolving hospital, requiring millions of nurses and untold thousands of doctors. What is the reason ? The only answer is, startling as it may appear when given, the children of this world are but the *creatures of accident*. Comparatively few of them are wanted at the time of their birth. They are the unwelcome product of an amative spasm. Through nine weary months they are borne about in the wombs of wretched-minded mothers, no small number of whom, surrounded by unfortunate circumstances, loathe the act which rendered them pregnant, for often they enter upon the duties of procreation sick in body as well as in mind. And, must I say it, it not unfrequently happens that a consumptive wife is advised by her family physician to protract her own miserable existence by allowing herself to become repeatedly pregnant. In this way consumptive wives manage to cling to mundane existence for many years. They have children as fast as they can be born to them. The puny little things ! I know not what becomes of them ; but it is not possible for them to enter manhood and womanhood with that greatest of all blessings—health, if indeed, they survive the tender years of childhood. They are weaklings as children, and, at best, could not reasonably be expected to escape the inevitable infirmities of feeble constitution should they succeed in reaching adult age.

The facts I have presented I do not claim as new. I am not their original discoverer. They are well known to all observing and thoughtful people. The important question—the question which should occupy the mind of every physician—is how can these evils be avoided ? I say every *physician*, for who is

so well qualified to solve it as he who makes a study of the organs and functions of the human body. For my own part, I do not consider it such a difficult problem as many seem to regard it. The difficulty mainly lies in the prevalence of the false modesty which excludes the topic from popular conversation; in the sentiment which regards men and women as made for marriage instead of the fact that marriage was made for men and women; in the outwardly professed opinion that there is something morally wrong in the prevention of conception. To dispose of the first—

FALSE MODESTY.

Every physician should labor for the introduction into the common schools and every institution of learning, the study of the organs and functions of the human body. The infant at school should begin with his primer, next take the speller, next the reader, and next plain and easily comprehended works on physiology, omitting absolutely nothing which is now considered delicate and suited only to the minds of adults. The thorough knowledge of one's self, so universally recognized as of first importance, should occupy the first place in our institutions of learning. To this I know of no conceivable objection that could arise in the mind of a man or woman of progressive ideas, who has acquired a liberal education. Certainly not in that of any practitioner of medicine who is confronted daily with human suffering and popular ignorance, and the fact that the former is but the natural offspring of the latter. To overcome the second,

FALSE AND PERNICIOUS NOTIONS REGARDING THE MARRIAGE RELATION.

The facts bearing upon this institution should be exhumed from the traditions and history of the past. The notion now prevails to an extraordinary degree, that the system of marriage which is now recognized throughout nearly all Christendom, was ordained of God and enjoined by Christ. But, when we revert to history, we find that God's chosen people—the Israelites—were maintaining a system of polygamy a thousand years before the advent of our Saviour, *and that the Pagan Romans were at the same time practicing a system of monogamy, maintaining their mon-*

ogamic institution, as it is claimed, with the greatest rigidity for the first 500 years, during which, it is further claimed, there were no divorces. Thus cotemporaneous history would make it *appear* that God ordained marriage on a polygamic basis, and that the Pagans had the honor of originating marriage on a monogamic plan! When Jesus of Nazareth entered upon his mission as a teacher he did not enjoin marriage at all—neither married himself nor commanded others to do so—did not even say which system of marriage was the better. But women were so wronged and cruelly abandoned in those days, He did give some very stringent precepts regarding divorce-rules that were certainly very necessary for the people whom he was teaching. They were, however, in fact, simply exhortations to men and women to be honest in the fulfillment of their voluntary obligations. After Christ and Paul, came the Roman Popes, who made marriage a sacrament; and the marriage ceremony of the Protestants to-day is simply a modification of that enjoined by the early Roman Church.

IN PRESENTING THESE FACTS REGARDING MARRIAGE,

it is no part of my intention to lessen respect for this ancient institution. I shall not propose to abolish marriage. But I *would* do away with the idea that marriage is a *Divine institution*, for the reasons: *first*, because it is too imperfect in its present features to have originated in the Divine mind, and second, because the prevalence of the idea confronts and opposes those earnest workers who would establish the institution upon a *scientific* as well as a religious basis. In illustration, I will say, there are laws which govern propagation which should be understood and respected, and there are moral obligations which are entered into by those who assume toward each other the relations of husband and wife which should be religiously fulfilled, but those obligations should be carefully made, so that obedience to them will not be disobedience to *natural* law, which, in the nature of things, must be Divine law.

One of the most important prerequisites to the production of healthy and viable offspring, is proper temperamental adaptation in marriage. It is my firm conviction, fortified by careful observation of parents and children for many years,

that the late William Byrd Powell discovered, and revealed to us, the law governing temperamental adaptation. He devoted much time to the elaboration of a system which should account for the morbid influences transmitted from ancestors. He declared, with great emphasis, that physiologically incompatible marriage was the cause of scrofulous diathesis and the remote cause of scrofulous forms of disease. The parties to such alliances, he asserted, were sure to entail on their children, blindness, deafness, monstrosity, moral depravity, idiocy, imbecility, a scrofulous diathesis, or some other abnormal condition. Dr. Powell's idea was that there were four human temperaments, two of which, the sanguine and bilious, he denominated *vital*; and the others, the encephalic and lymphatic, he termed *adjunctive*. Alliances between two of like temperaments he denominated physiologically incestuous, and sure to result in entailing scrofula upon the offspring. He further says

1st. The marriage of a person with another of the same temperament is incestuous.

2d. When an adjunctive temperament enters into the constitution of both progenitors or parties to a marriage, it will be incestuous. I will add a few cases that will illustrate this.

1st. When both parties to a marriage have the sanguine encephalic temperament, their children will die young of dropsy of the brain, or of tubercular inflammation of its membranes.

2d. When both of the parties to a marriage have bilious encephalic lymphatic temperament, their children, in the proportions of five to seven, or nine to eleven, will be dead-born, and the others will not live two years respectively. These three cases illustrate both laws. I will now illustrate the second law exclusively.

4th. When one party is bilious lymphatic, and the other is sanguino-bilious encephalic, their children will *all* die young of tubercular consumption of the lungs, or abdominal glands, although neither of these forms of diseases was ever in the ancestry of either party.

5th. If one party be sanguine encephalic, and the other bilious lymphatic, the progeny will die young of tuberculous forms of disease.

6th. If one party be bilious encephalic, and the other sanguine encephalic bilious lymphatic, the children will sooner or later become insane.

In the three preceding illustrations, the temperaments of the parties respectively are greatly different; yet as in each case, both parties partake constitutionally of an adjunctive temperament, all the marriages are respectively incestuous.

Law 3.—In all marriages with a view to or expectation of progeny, one of the parties should have an exclusively vital temperament, and then it is best that the other party should be more or less adjunctive.

1st Illustration; one party sanguine, the other bilious encephalic, or lymphatic, or bilio-encephalic lymphatic.

2d. One party bilious, the other sanguine encephalic, or lymphatic, or sanguino-encephalic lymphatic.

3d. One party sanguine bilious, the other sanguine lymphatic or bilious lymphatic, sanguine or bilious encephalic, or bilio-encephalic lymphatic. These are all good marriages.

Now, how many understand anything of the law of mating as here laid down, applied to the human race? It is well understood in the breeding of stock, yet how woefully neglected in reproducing God's own image! What is the reason that under the present regime, we have in a country so highly favored as our own, one insane person to 750; six idiots to every 1,000; one blind person to every 2,328; one deaf mute to 2,345. All these, leaving out of account the army of drunkards, the hordes of criminals, the thousands of consumptives and deformed people, the ruptured, the lame, the scrofulous, the cancerous, and the next-door neighbor to every one who is not quite well! We are not so greatly startled, not so completely taken off our feet, by the sick, deformed, and otherwise unfortunate people immediately surrounding us, as we are by what we find in our charitable institutions. Reckoning according to the ratio given us by authoritative statisticians, we have, at this moment, in the United States, between sixteen and seventeen thousand people who are blind; nearly an equal number of those who are deaf and dumb; over fifty thousand who are insane; and, astounding as it may appear, two hundred and thirty-one thousand beings in the human form who are idiotic.

The aggregate of these terribly unfortunate people is over three hundred and fifteen thousand, to say nothing of the millions of the sick and crippled; or of the sneak thieves, pick-pockets, and ruffians, who are as numerous as the house-fly in August.

Then, too, nearly every house is a hospital, containing one or more victims to headache, consumption, or dyspepsia, all of whom were born with more or less constitutional predisposition to these ailments. Call up before your imagination this host of invalids, this army of criminals, these asylums of mute and blind, the houses of correction filled with little unfortunate waifs of humanity, charitable buildings overflowing with idiots and maniacs, making your every nerve vibrate with their indistinct mutterings and shrill cries!

WHAT A STANDING ARMY OF HUMAN MISTAKES ! WHAT A STARTLING ARRAY OF HUMAN ACCIDENTS !

And this, too, in the most free and enlightened nation on the planet. [The statistics of Europe are only still more appalling.] Supposing we should enroll them; gather them together at our capital; pass them in review before our President and lawmakers; first in line, a few regiments of raving maniacs, for their wild clamor would supply appropriate music for a procession so novel; next, the insane, arrayed in the fantastic costume each individual might see fit to adopt; then, brigades of idiots; following these, a division made up of the deaf and dumb, blind and crippled; with appropriate banners, in citizens' dress, thieves, murderers, and respectable swindlers; in carts and on shutters, two or three million drunkards; in carriages, a few million incurable invalids; and bringing up the rear on foot and in ambulances, the grand division of the *hopeful* sick, with their medical attendants on horseback, and their apothecaries in wagons, with hospital supplies—what would our representatives think of the residuum of their constituencies? In what honeyed words would they speak of the glories of our Republic?

These human mistakes, these creatures of accident, be it remembered, only exist by being *born wrong*.

Now, with these fearful statistics before us, we are led instinctively to ask, Are there no remedies for these things? If

so, what are they? We answer, we believe there are; and the remedies are these: first and foremost, let Physiology, Anatomy, Hygiene, and all the knowledge that appertains to right living, be taught in our public schools; let the rudiments of these subjects be learned side by side with the A B C; let every person be instructed in the laws of marriage and temperamental adaptation as early as they can understand these things; and in contracting marriage, let each individual know that true love between two persons of opposite sex is simply the keenly conscious presence in each, of those qualities, mental, temperamental and magnetic, which draws them irresistibly together. This sentiment can only have depth and promise of possible permanency, when the following conditions are carefully observed in contracting marriage:

1st. MENTAL ADAPTATION, which consists of sufficient difference in qualities of mind to cause each to feel interest in, and admire in some degree, the mental manifestations of the other, while the sentiments or tastes are sufficiently alike to promote concord.

2d. TEMPERAMENTAL ADAPTATION, which is obtained by the union of a person possessing the vital temperament with another having the non-vital temperament, according to the laws so clearly laid down by the late William Byrd Powell, whose scientific labors and discoveries will justly render his name immortal.

3d. MAGNETIC ADAPTATION, which may possibly be the offspring of mental and temperamental adaptation. Its presence is unmistakably indicated by a mutual warmth, and mental and physical exhilaration when in the atmosphere of the object of one's affections. In persons of an active amative impulse, it enkindles sexual desire; in those possessing little or no amative excitability, it at least awakens mental vivacity and physical exaltation, which are still further enhanced by bodily contact.

In closing this chapter on temperamental adaptation in Marriage, Dr. Cooper would have it understood that being constantly consulted in regard to it, he cheerfully gives his advice, but the examination of portraits of persons when sent and answering correspondence on the subject consumes a large amount of time and thought, and that all communications must contain his fee for advice by letter, which is three dollars, to insure a prompt reply.

CHAPTER II.

IMPERFECTIONS OF THE PRESENT SYSTEM OF
MARRIAGE.

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It may be thought by some, that we lay too much stress upon this one subject. We do it here because it is the starting-point. The Organic Law of the right relation between the sexes is one of the subjects that need the concentrated thoughts of our best men, for it is useless to talk of infant mortality, and get up big jobs for scheming politicians by way of a great deal of talk about bad drainage, horrible tenements, and the slums of our great cities. Granted these things are bad, yet to-day they are better than ever before; they are constantly improving. Being perfectly familiar with the condition of these things in Europe, we know surely that American cities are far better than any in which the writer lived in Europe; and as regards tenement-houses, where can any comparison be made to many of the filthy abodes found in London? No: when we speak of the causes of infant mortality, let us really look at *first* causes, and that brings us once more to the right relation between the sexes. We fancy we hear some dear old lady exclaim, "Stuff and nonsense! these people talking of temperamental adaptation and all such trash. Why don't they let the young people marry for *love*, as they did in my day!" That is all very good; but what we want is that knowledge may be given them, so that they may love wisely and well. Let the young man looking for a partner for life know how to look with wisdom, and it is just as easy for him to mate right as wrong. Precisely the same with the young woman; for when she is looking for her partner, we would not only teach her how to choose well, but we would also, when she has found the right one, give her the privilege of making her choice known to the man she thinks she could love—or, in other words, give her the privilege of "popping the question." Were

women allowed the privilege of telling the man she loves that he is her choice if she is his, very few women would make a bad selection when permitted to exercise their own natural intuition, uninfluenced by others on the subject. I say *uninfluenced*, for, bad as our marriage system is, it is made much worse by the interference of anxious mammas and officious friends, who are always attending to others' business instead of their own, and planning what they conceive to be "splendid matches."

There is another thing which seriously interferes with the perfection of our present system of marriage, and that is the idea of exclusive ownership of the person of the wife by the husband after marriage. It, like other imperfections, has descended to us from the traditions of the past. Sir John Lubbock, in his work on the "Origin of Civilization and the Primitive Condition of Man," holds that the institution of marriage was born of human warfare; that the first exclusive appropriation of woman by man was when the female captives, taken in conflict between warring tribes, were allowed to remain under control of their captors; that the women belonging to the tribes were, in primitive times, the wives of all the men; that when the conflicts between the tribes partially ceased, the exclusive control of one or more women by one man grew into a custom, and that the ceremony of celebrating marriage, for centuries afterward, was characterized by the pretended seizure of the bride. This custom, he tells us, was imitated by the early Spartans and Romans. Even the French, in some parts of their domain, down to a period as late as the seventeenth century, so far preserved this ancient usage, that the bride feigned reluctance to entering the house of the bridegroom. To this day, we are further informed, that marriage by capture either real or feigned, prevails in Central Asia, Siberia, Kamtschatka, Australia, and among semi-civilized people in both Europe and America.

Under civilizing influences some changes have taken place. The early Hebrews gave a religious sanctity to the polygamous system with "thus saith the Lord;" the hard working people who founded the ancient republic of Rome, hundreds of years prior to the Christian era, too poor to carry out the luxurious practices of their richer neighbors, first adopted, as a national characteristic, the one wife system known as monogamy; the

Christians of the fourth century, imbibing the spirit of asceticism, which was born on the breath of some distinguished Pagan philosophers, and, in a measure, taught by St. Paul, undertook the forlorn enterprise of living without marriage or sexual association of any kind; the "Mother Church," as it is called, finally accepted a compromise which enjoined celibacy only upon the priesthood and the inmates of their convents and monasteries; the Protestant reformation, going still further, gave all permission to have at least one wife; and Martin Luther gave one of his followers permission to have more than one, remarking, in extenuation of this act, that the New Testament nowhere in express terms forbade polygamy.

We will follow this little history of the institution no further. Practically, marriage is but little better in civilization to-day than it was when women were actually borne off as captives by the men who appropriated them for their own exclusive and selfish purposes. *Women were subjugated then; now they are decoyed.* It is the difference between the chase and the trap. The tendency of our civilization is to make a well-furnished house, ostentatious personal adornment and support, the trap and the bait for catching wives. Men, having these to offer, set them in places frequented by women, and the fathers, mothers, brothers, sisters, and relatives down to the fortieth cousin, stand ready to drive thoughtless ones into them. Luckily for posterity, enough accidental adaptation obtains among the masses under this pernicious system, to maintain human reproduction after a fashion; while the light which is constantly breaking upon the minds of a favored few regarding physiological marriage, is tending to increase the standard of human health and longevity. It may not, perhaps, be too much to hope that, despite the bribes held out to women to induce them to violate their purer instincts, they may yet become so well acquainted with the true law of marriage, that they will obey them in assuming the responsible relation of wife and mother.

We speak of this idea of exclusive ownership in the person of the wife by the husband under our present system of monogamic marriage, because our observation has led us to the conclusion, that, besides the various causes of unhealthy offspring previously mentioned, there is one mentioned by but few writers,

## THE CRIME OF FORCING UPON A WOMAN AN UNWELCOME CHILD,

or undesignedly and undesired, bringing upon her all the cares, troubles, and anxieties of maternity. We would have it understood as our idea, that pregnancy ought never to exist except at the desire of the woman and when her nature calls for it; and we propose to show, before closing this chapter, that he who imposes this most sublime and overwhelming of all human responsibilities upon a woman, when her nature recoils from the burden, and she is unprepared to take charge of the germ of a new life and to meet the suffering and responsibility of developing and giving birth to a child—when her body and soul shrink from it, commits a crime against himself, a crime against the mother, and a crime against the child. Now we will consider first, *how* the man commits a crime against himself and his wife. A woman comes into the relation of a legal wife. At once, it may be, the husband reveals himself to her in a way she did not anticipate, and she is made to know what he expects of her and what he married her for. She yields her person to his passion, not in obedience to a call in her own nature, but because she thinks such is the right conferred by law and custom on the husband over the wife. She has, it may be, been duly taught that the only way to secure and strengthen his love, is to yield to his passion whenever it demands indulgence. So she yields, and before she is aware, and before her mind is prepared to meet them, the responsibilities, anxieties and sufferings of maternity are upon her. Grief, anguish, and a dread of some unknown but terrible suffering overwhelm her. Consternation seizes the heart so recently buoyant with the hopes and joys of a loving, trusting bride.

How will this new and dreaded experience effect her mind towards her husband and the father of her child? As a lover, he had been so gentle, so delicate, and so considerate of her slightest wish, so thoughtful of her happiness, and so unwilling to say or do anything to grieve her spirit; as a bridegroom, he had promised to love and cherish her as his own soul, and she fondly trusted that no wrong or suffering would ever reach her through him; when, behold! in the very beginning of their

united life, and before, physically or mentally, she was prepared to meet the great demand, he has imposed upon her the necessity of yielding up her body and soul to the keenest suffering to which she can be subjected, and that without consulting her wishes, and contrary, it may be, to her earnest prayer. As she ponders on her situation, and the experience through which she must pass, and from which death to herself, to her child, or to both, is the only door of escape, how must she feel towards him who has placed her in this fearful condition? He has subjected her to the necessity, for weary months, of drinking the bitterest cup of life, and of passing through the valley and the shadow of death, heart-sick, desponding and shrinking from the final result; and all this, not because she wished to be a mother, or he a father, nor that they might blend their souls and bodies in a new and beautiful life, to be an honor to themselves and the world—no such motive prompted the relation in which conception originated, but solely his momentary gratification. She feels that his indulgence was had at her expense. No conscious pride and sense of matronly dignity, no high and noble aspirations sustain her as she reflects on her condition. Can she continue to love and respect him? He has done her the greatest wrong. He heeded not her prayers that he would control his passion and spare her until she was ready joyfully to enter upon an office so grand in its nature and so sublime in its bearing on the destiny of an immortal soul. To meet the responsibilities of such an office, and the physical and mental pain and anguish necessarily pertaining to it, what woman but needs a preparation? Who is sufficient for these things? Yet the dread liabilities are upon her, without a moment's warning, and without, it may be, any interchange of thoughts and feelings with her husband and the father of her child. She knows not even that he wants a child, nor whether he will receive it with a blessing or a curse. She knows not what heart-support she will receive from him in the moment of her trial and her anguish. He has had no conversation with her on the subjects, and given her no assurance as to the natural results to her of his passional relations with her; expressed no anxiety, no expectations, no hopes, as to her liability to become a mother. He has had no further wish or anxiety, except for his own selfish gratification. He has, it may



be, avoided as indelicate and improper all allusions to questions so vital to the life and happiness of his newly-wedded wife. All that she has to rest upon is the indefinite assurance, given before God and man, that he will cherish, protect, and care for her.

*Why* he promised to protect and care for her, whether as a mere means of sexual gratification, or for holier and more exalted purposes, she has no assurance. Not one word, it may be, has he ever spoken to her respecting the motives that have prompted him to seek her as his wife. O woman! woman! you had better never have entered into such a relation with a man than to have entered not knowing what he expected of you. The wife, in such a situation, cannot cherish loving and tender thoughts of her husband when absent, nor receive his caresses with rapture when present. She bears in herself the result of the wrong he has inflicted upon her. It is ever present to her thoughts and emotions. She cannot escape from it but by an outrage upon herself and child; and, in her moments of solitary suffering, how can she regard the author of them with loving respect? A sense of the wrong done her is constantly present; how can she then tenderly cherish him who has thus wronged her, especially when he still demands of her a renewal of the relations in which her present sorrow originated. She cannot, for he, by inflicting upon her a maternity which her own soul cannot sanction, and from which, perhaps, she shrinks with horror, has rendered himself unworthy of her love, or respect even.

Would you increase and perpetuate the love and respect of your wife? This can only be accomplished by the strictest care on your part towards her in regard to the relations, which may at any time result in maternity. When the wife desires to become a mother, and the condition of pregnancy exists, it but binds her heart more tenderly and more inseparably to her husband. As the father of her child, he is, in her eyes, clothed with a new and wonderful beauty and dignity. She feels that, in receiving from him the germ of a new life, she receives something that is to invest her with new glory as a woman and new attraction as a wife. She loves and honors him because he has crowned her with that which all true women, at some period in their lives, yearn for—motherhood. Her condition now, instead of being repulsive, is a source of constant rejoicing, and the depth, ten-

derness and self-forgetfulness of her love and reverence for him are inexpressible.

But, in proportion as maternity is holy and ennobling when bestowed with intent and received with joy, is it unholy and debasing when undesigned and undesired. As a mother's heart overflows with tender gratitude and loving reverence toward the father of her child, when that child comes in answer to a call from her mother-nature for offspring, so will it be filled with an aversion amounting almost to hatred to the father of a child not wanted by her, and begotten only as the result of a mere sensual gratification on the father's part. Many affectionate, devoted wives become irretrievably alienated from their husbands by this course alone. Indeed, nothing else will so surely and so irrevocably destroy the love of a wife for her husband as a disregard of her feelings and wishes in regard to the relation from which maternity springs. Just here, where husbands should exercise the greatest gentleness and thoughtful tenderness, is where they are (through ignorance I fain would think) least mindful of the wishes, and even entreaties of their wives. They demand, without so much as an inquiry into the feelings and conditions of the wife, the surrender of her person, and she, unable by her most earnest pleadings to stay the tide of passion, to influence the heart that once, and even now in other matters is swayed by her slightest wish, grants the surrender; but with it is surrendered both love and respect for him who makes such an unmanly, unreasonable demand.

When a woman once feels that the power of her husband is controlled by a tender affection for her, and a desire for her happiness rather than the promotion of his own selfish ends, she rests in his bosom fearlessly, her love and trust perfected, knowing that this very passion will but intensify the love that encircles her. Love and respect for her husband cannot exist simultaneously with a dread of his passion. Would you then secure the love and implicit trust of your wife, and be the object of her evergrowing tenderness, never impose upon her so much as the *possibility* of a maternity which she does not desire. Constantly assure her, by all your manifestations, and your perfect respect for all her functions, that your passion shall, at all times, be under the subjection of her wishes. Under such an assurance, she



will tenderly and reverently regard your physical, as well as your mental and spiritual, manhood.

To maintain your self-respect in your relations with your wife, to perfect your happiness as a husband, it is necessary that not only your intellectual and spiritual manhood be respected by her, but that she should tenderly cherish your *physical* nature in all the sacred intimacies of home ; let her reverence for your intellectual or social power be as great as possible, if she shrinks from all contact with your person, because by reason of your uncalled-for passional manifestation you have made your physical manhood disagreeable, it will be impossible for you, in her presence, to maintain any sense of manly pride and dignity. A special characteristic of a true husband is a feeling of noble pride in the physical elements of his manhood ; and, with a pride scarcely less than that he feels, does his wife regard his physical perfection. She is justly proud of the manly passion of her husband when she knows it is controlled by a tender, considerate love for her. The very power which, when bent only on selfish indulgence, becomes a source of degradation and wretchedness to her, associated in her mind with an outrage upon her womanhood, as the deadliest enemy of her purity and peace as a wife, and with the protracted suffering and anguish of an abhorred maternity, when it is controlled by wisdom, and its manifestations have regard to her elevation and happiness, ennobles her, and tends to concentrate and vitalize the love that encircles her as a wife. A husband cannot respect himself, when, by his own abuse of his wife and himself, he has made his physical manhood contemptible to her ; and this he is sure to do if such manifestations are made when the wife repels them and dreads the consequences. On the contrary, let him so manifest himself to her in the hours of their most endearing intimacy, that his manly power shall be associated with all that is just and noble and generous in him, and he is sure to receive for his person the loving care and respect of his wife. Husbands ! if you would secure the loving respect of your wives, you must ever respect their rights in regard not only to maternity itself, but also to the relation that tends to it.

## THE SIN AGAINST THE CHILD.

Now, as we are considering the subject of how to produce healthy children, we will take up the consideration of how an unwished-for maternity is a sin against the child. There are two great facts to be remembered. First, that whatever impressions the child receives before birth it receives through the organism of the mother; Second, whatever affects her *temporarily* affects the child *permanently*.

Let us for a moment recall a few cases, numbers of which come under the observation of all practicing physicians. A few years ago I knew a young girl of estimable character, and who would have been beautiful only for a hideous birth-mark. Whenever appearing outside of her own home her face was always closely veiled. This mark was a most perfect representation of a rat, the body of which was resting on one cheek and part of her neck, and the tail reaching across the forehead. The mark was somewhat elevated above the surrounding surface, and was literally covered with a thick coat of fine hair, like that of the animal represented. Another painful illustration of the effect of the mind's influence through the mother on the child that was known to the author. A girl was born with the head of a bullock, and as she grew, horns developed on the sides of the head. I believe the woman is at present an inmate of an asylum for idiots in London. In these cases, the mother was frightened by the animals represented. Still another more painful case is cited in the *New York Herald*, September, 1868: "There is a man in this State who cannot speak to his father. Previous to his birth, some difficulty arose between his father and mother, and for a considerable time she refused to speak to him. The difficulty was subsequently healed, the child was born and in due time began to talk, but, when sitting with his father, was invariably silent. It continued so until the child was five years old, when the father, having exhausted his powers of persuasion, threatened it with punishment for its stubbornness. When the punishment was inflicted it elicited nothing but sighs and groans, which told but too plainly that the little sufferer could not speak, though he vainly endeavored to do so. All who were

present united in the opinion that it was impossible for the child to speak to the father. Time proved this opinion to be correct. At a mature age its efforts to converse with its parent could only produce the most bitter sighs and groans."

Now, in view of these facts—for we need not doubt their truth—we would ask what is likely to be the tendencies of a child born to a woman who is pregnant not only against her desire, but is literally disgusted with the condition she is in, and is filled with the desire to rid herself of the burden, either by fair means or foul, thus actually carrying about in her heart the spirit of murder toward the germ which she should cherish with the tenderest regard, and on account of which she should watch, oh, how carefully, every thought and desire that enters her own heart, lest she might influence for evil the future man or woman, who, perhaps, will hold the interests of his country in his hands to guide and direct.

Let us still further see what life is, and how it is affected by the physical, intellectual, and spiritual tendencies clinging to it from birth. It is, at best, a struggle, and even those of soundest bodies and healthiest minds are often unable successfully to meet the conflict; and certainly, far less likely are those not possessing either of these blessings, to do so. The character, both physical and moral, of a child may be easily stamped with certain unfavorable, and even imbecile, conditions, the result of the same conditions in the father or mother, or both, at the time of the relation which led to conception. The very soul of the wife, it may be, shrinks from the relation, but she submits because she feels that she *must*. Too many women are taught, from their earliest womanhood, that a true, faithful wife must always yield herself to the demands of her husband, or be justly considered false to her wifely obligations. Can any reasonable person affirm, after thoughtful consideration, that it is the duty of a woman to submit to a relation that only fills her whole being with loathing and disgust? In thus doing she lays her health, her self-respect, her womanhood, upon the altar of legalized prostitution. She is *forced* to prostitute her person, and no man but a sensualist could accept such a surrender when he knows the feeling it produces. Your only object, it may be, in this relation, is *mere sexual indulgence*. No thought for the

*result* of such gratification enters your mind. Your passions are excited, and, without hesitating to consider the mental condition you are in, or the state of utter prostration, physical or mental, of your wife ; with perfect indifference as to the state of exhaustion of all her energies induced by some severe toil, deep anxiety, or torturing care, you heed not her wishes or prayers, but demand indulgence. In such a state of exhaustion, a conception occurring, the child can have no vitality imparted from the mother. On her part, it is conceived in weakness and developed in a joyless, dispirited condition; and you, the father, have imparted to this child—what? Let us see. When you demanded this relation with your wife you were excited under some artificial stimulant ; you were debilitated by sleepless nights spent in pursuit of pleasures and amusements, by dissipating games, by exhausting indulgences in alcoholic drinks or stupefying tobacco, and are for the time being almost an imbecile. Yet you demand the indulgence which results in conception. You impart to the child, instead of the health and vitality of a vigorous manhood, this momentary imbecility. So from both parents does the little new life inherit *weakness*, physical, mental and moral, and is born without sufficient vital force to develop it into life with the ordinary energies and faculties of man or woman. If ever, in the career of woman, the current of life should flow with deep, joyous energy ; if ever she should be free from all depressing and debilitating influences it should be at the moment of conception, when she assumes charge of the germ of a new life. Then, if ever, she needs all the energies of her womanhood in healthful activity.

So man, in that moment of sublime consecration of his manhood, when he becomes the originator of a new life, should, for his child's sake, be free from the exhaustion of harrassing care, or of dissipation ; free from all artificial stimulants, from anger, from everything that could impart other than a healthy, happy organism to the new being. Then, if ever, should every nerve of his being be filled and thrilled with a concentrated, vitalizing energy.

All admit the power of the mother over the child after birth ; but it is still greater before birth ; in fact we might almost say it is then unlimited. It is then that the constitutional tendencies of

body and soul to health or disease, to good or evil, are formed. A child conceived without the free consent and wishes of the wife, is conceived in dread and bitterness of soul. Every thought of the mother toward the child during fœtal development is of repugnance and indignation. She cannot love the little innocent unborn thing, for every thought connected with it is but pain and sorrow. In her bitterness she would crush its life out, and, day after day, she devises means for its destruction. She cannot for a moment forget her condition ; the child is ever present, not as a bond to bind her more closely to him she so truly loved, but as a living witness of the great wrong done her by its father, whom she so fondly trusted only to be betrayed. She meets her unconscious baby at every step with a frown, and beats it back with threats of death. Nature itself frowns on its conception, its development and birth. How then can it grow up in harmony with either God or man? Elements of strife are incorporated into its body and soul by the parents as an inheritance. It is useless to blame a woman, vain to say she ought to create and cherish a feeling of love for the little one. As well might you say a woman ought, and can, love a husband every way repugnant to her, who has been thrust upon her by an ambitious parent, or by any other forcible means. It is a moral impossibility. Up to the very hour of the child's birth the mother hates the thought of it, and all this time the spirit of hatred and murder is being rooted and grounded in the heart of the child. After birth its very helplessness appeals to her woman's nature, and she will care for it, but with none of that strong, yearning joyful mother-love that would have filled her heart had she wished for the child. Disobedience and defiance, wrath, revenge, meanness and falsehood, are bred in every fibre of the child's being, and no amount of after-culture or care can ever entirely eradicate them.

Education, religion, the press, everything, tends to confine our attention to human beings *after* they are born ; to elevate, and to inculcate good, moral principles for the promotion of their best welfare. But in many cases a lifetime is thus spent in trying to undo after birth what was done before birth. We are settled in the conviction that the period between conception and birth has more to do in giving activity to our passions and appetites, direction to our thoughts, and in moulding our character and destinies, than



any influence brought to bear upon us after birth. Every man and woman is a living witness of this fact. There is no human being but whose life is essentially instigated and directed more or less by gestational influences. In this process of development the unconscious man or woman is receiving an education that is to decide the future, for happiness or misery, that is to open before them. Who is the educator? Much, very much, is done before the germ of the child leaves the *paternal* organism, it receiving the impress of his condition of body and soul; but we would speak especially now of the influence exerted by the mother during the period of gestation; for as nearly all essential to constitute the body and mind of the child passes through her body, it must receive the stamp of her conditions, physical, mental and moral. Now suppose this little unborn babe has been thrust upon her without her consent, and in contempt, it may be, of her most earnest remonstrances—for thus it often is—she does not feel that it is *her* child, though she may regard it as yours. Bitterness and loathing fill her soul with murderous intent towards your unconscious and innocent babe. Who is responsible? On whom rests the guilt of this murder? O husband! father! say not that she, the unwilling mother of your child, is the murderer. *You* thrust the hated thing upon her, you heeded not her entreaties, but by your persistence drove her to the desperation which cried out within her, “I will kill the hateful thing!” Suppose you had committed your child after birth to the care of one who loathed and hated the sight of it, and held a spirit of murder toward it in her heart. You understood this and yet you *forced* her to take charge of it. When at last she did destroy its life, who was the murderer? Certainly you would be held responsible. And yet this is precisely what you do when you impose upon your wife an unwished-for maternity. She comes to you with a loving, trusting heart, and you, the husband, who has vowed to protect and cherish her heart in its love and tenderness, kill with one blow the trusting, gentle spirit, and rouse in its stead a spirit of bitterness, hatred, and murder. When a woman is willing to imperil her own life, to outrage every womanly element of her being, and forfeit the conscious innocence and respect of her own soul, to inflict death upon her babe yet unborn, you may be sure that a deep and

terrible loathing and hatred is in her heart toward this new life, which her husband, for mere sensual gratification has forced upon her. He then is primarily and mainly responsible for its destruction.

#### HOW TO PRESERVE THE HEALTH OF CHILDREN.

Now, having explained pretty fully in the foregoing chapters how to conceive healthy children, and in what a guarded manner the act of propagation should take place, we will next consider some points in regard to their healthy physical training. There are a great many whims and prejudices existing now in regard to the care of infants, which like many of their diseases, are hereditary, and are not founded on common sense or reason and which need thoroughly reforming. We are aware that any one interfering with old women and nurses in what they have done since childhood, will find himself undertaking a thankless task, yet if he perseveres he will ultimately win the confidence of our younger mothers, and in a short time will be looked upon with respect and esteem. The young of man is the most helpless of all created beings and needs constant care and attention, especially for the first few years of its existence, and not only does it require constant care, but the right kind of care. How many diseases of the little one are caused by the treatment it receives during the first few days of its life !

#### THE BANDAGE THAT IS PLACED ON THE CHILD AT ITS BIRTH

is very frequently the cause of impairment of the functions of the lungs, and also causes constipation and very frequently lays the foundation for future piles, prolapsus of the bowels, and often hernia. These effects are produced by ignorance in making and applying the bandage. The principal use of the bandage is to retain the dressing of the cord in its place, and not to give warmth. Now what necessity is there for the extreme width or thickness it is often made ? Just let it be made of one thickness of soft, elastic flannel, not wide enough to extend upward as far as the chest nor downward so low as to be wet with the excretions. Never pin it tightly, for the elasticity of the flannel will prevent any need of it.

*Another source of irritation*, especially if it be a first child, and the parents possessed of any means, is the new, stiff, harsh



diaper linen used. An adult with skin infinitely less tender and sensitive than that of the little babe, would become irritated, chafed and sore, if obliged to wear one of these. Old, partly-worn, soft linen is preferable; but if new is used let it be wetted and dried *several times* before using, and by this means remove a very frequent cause of irritation and chafing about the genitals, the perinæum, nates, and thighs, and the mother will not then have so often to wonder what makes the child so irritable and cross.

#### WASHED TO DEATH

might very appropriately be the inscription on many a little one's headstone. We have often thought, while watching the mother or nurse performing the operation of washing the child, that if that same amount of soap and water were to be used in the same manner upon themselves they would not be so free with it. Cleanliness is said to be a cardinal virtue in the rearing of children, but let it be viewed and used with common sense. The child, at the time of its bath, should be covered with some wollen substance of sufficient size to entirely cover it, and a portion of its body only washed at a time, the rest being covered meanwhile. And even with this care let it be borne in mind that washing is done for cleanliness, and not as a mere routine performance, and it does not need to be repeated any oftener than cleanliness requires it. When children are feeble, it had far better fall short of than exceed even this, for when a delicate child is divested of every particle of clothing, and having the evaporation of water from the surface, it is often too much for many a child whose vitality is already, perhaps, at a very low ebb. Another important matter that might be spoken of right here is that

#### THE CHILD DOES NOT NEED MEDICINE.

Some good old dame will want to administer urine and molasses, lard and molasses, or castor oil, to act on the bowels; sometimes even whisky and rum mixtures to work the mucous out of the throat. Now, the truth is that the less the child is interfered with the better it will get along. There is no need of pap or panada, of saffron or chamomile teas. Nature provides for all these wants, and the most the child needs is warmth and quiet. Nature furnishes a food exactly adapted to its wants, in the

mother's milk, and it is rarely the case during the first eight months, if the mother is healthy, that any other food is required. If, however, the mother is absolutely unfit by reason of ill-health or other unfavorable conditions, to supply the food, the next best mode of feeding the little one is by a wet-nurse. A woman who is to act in this capacity should be selected with the greatest care in regard to her health, the age of the milk, her character and associations. A person suffering from any form of scrofula will be certain to impregnate the blood of the child with a scrofulous taint. And not more certain is the child to partake of the physical than of the moral imperfections of the nurse. Its temper and disposition are moulded in great measure by the state of the nurse's mind. If she be gentle, tender, and loving, or hasty, sharp-spoken and ill-tempered, so will the child be.

#### FOOD.

In regard to the age of the milk, it should be as nearly as possible as young as that of the mother. Should it become necessary to substitute an artificial food for the child, an excellent article may be made after a formula by Liebig. It is much superior to the cow's milk and exceeds any of the artificial preparations in market by being always obtainable and easily and simply prepared. It is composed of wheaten flour, two ounces; barley-malt flour, two ounces; and bi-carbonate of soda, thirty-one grains. In preparing it for use the following directions are observed: Take a heaping table-spoonful of the powder and mix it with two table-spoonfuls of water, then add to it ten table-spoonfuls of milk, and heat the whole over a gentle fire (do not boil). When the mass begins to thicken remove it from the fire and stir for five minutes. Then place it over the fire, and heat again with stirring until it becomes quite fluid, and then suffer it to boil. In preparing this food do not use too much heat or haste, as it prevents the chemical change necessary taking place. The food of the child should always be given at the temperature of the body.

#### WEANING.

Of weaning we shall speak but little. One point, however, we would impress upon the mother's mind, and that is, should conception take place during the period of nursing, the child

should be immediately weaned, no matter how young or how feeble it may be, for its continued nursing not only tends to render it more feeble, but also detracts from the development and growth of the fœtus in the utero. The nourishment and strength supplied by the mother is inadequate to properly support both at the same time, and consequently both become emaciated, weak and sick, and often the mother herself suffers from the double strain upon her.

#### REGULAR HABITS.

Few people can be convinced how readily an infant can be trained to regular habits; but the truth is, a child is just as sensible to impressions as a grown person, and just as willing to yield to them. One-half of the irritability and fretfulness of babyhood and childhood might be avoided by regularity in feeding. Nursing the child whenever it cries is a most pernicious habit, yet one to which too many mothers are addicted.

During the first three months it should be accustomed to take the breast about every three hours, and at very regular periods. As it grows older, it will not require it oftener than four times a day and once during the night. The time of getting up in the morning, of being washed and dressed, of taking the morning and afternoon sleep, should be as regular as a clock. In this we know that we shall be met by many objections; the most common one being that the mother has other duties besides the care of her child, and the attention it requires cannot always be given at the moment. The fact is that duties regularly performed become light by the side of those irregularly done. No one ever accomplishes much unless the work is pursued by system. So in this case it is a saving of time to do things promptly at the minute, and have the child in good humor and take its long refreshing sleep, rather than from neglect to have it irritable and fretful, difficult to get asleep, and hard to keep asleep.

#### DRESS.

Formerly the more décolleté an infant was, the more cherubic his appearance was thought to be; but, thanks to the increasing intelligence and good, sound sense on this subject, it is becoming fashionable for even the New York baby of the period to be clothed in the long-sleeved and high-necked dress. The warmth

and health of the infant depend not so much upon the *quantity* of clothing it wears as upon its *even distribution*. Let several thicknesses of flannel and linen be placed about the waist and abdomen, and then the neck and part of the arms and legs be either entirely bare or covered only with one thickness, and you will find most of the blood driven from the extremities, while at the thickly covered portions of the body there is a constant congestion from the oversupply of blood there. Great care should be taken to avoid this if you would preserve the health of your child. Its body, like any other thing warmer than the atmosphere surrounding it, has a constant disposition to part with its excess of heat by radiation, and, in order to check this cooling process, we must envelop it in non-conducting fabrics.

It stands to reason that the more surface exposed the more rapidly will the radiation occur; and yet we daily see children with chest, arms, and legs bared by fashion in the coldest weather, without regard to the general depression of temperature, which must also involve the digestive organs. The temperature of these organs being lowered, of course greatly retards digestion, and this too at a time when these powers should possess the greatest activity; for children while growing, in order to form more tissue than they waste, must consume more food in proportion to their weights than adults. And it is just at this time that they are so dressed as to weaken and destroy this important function. A soft, sleeved flannel shirt to envelop the arms, chest, back, and bowels, a warm, loose waist, buttoned at the back, and suspended from the shoulders by easy straps, a lined flannel dress, cut in the pretty style called Gabrielle, and a sleeved apron, complete a suit for our half-year-old baby. Her little legs, however, should not depend too much upon her skirts for protection. A little sort of "knee-breeches" should be invented for her to wear before it is convenient for her to wear drawers. Let them be made of flannel, with four little gores at the bottom, and a strong tape fastened to the top at the end of which is a button to fasten through a hole in the petticoat waist. Always dress the child loosely from its first infancy.

#### MORAL GOVERNMENT.

Only second in value to that attached to the physical condition

of the child should come the consideration of the means of developing the moral and intellectual faculties.

After a child is a few weeks old, the first traces of intellect are seen, and its brain, being in such a delicate state, calls for the gentlest treatment. All the mental faculties, in their various degrees of strength, lie at this time undeveloped, and they are brought into activity just in accordance with the respective circumstances naturally calculated to stimulate them. Practically, the circumstances by which the infant is surrounded are sufficient to develop the faculties toward good or evil. If a child be brought up where angry words are never spoken, and where nothing of an unduly irritating nature is allowed to visit him, his own angry feelings, though strong naturally, must be, in great measure, kept entirely out of exercise, and consequently weakened; just as the same circumstances, by their soothing and pleasing nature, are likely to have an active effect in drawing out his own softest and kindest feelings. In like manner, supposing a child to have a strong tendency to secretiveness, and that he never witnesses or hears from those around him anything but the most perfect candor and directness, his tendency is just as liable to be kept below the point where lying and deception take place as his opposite feeling in behalf of truth is likely to be encouraged.

The mother must be on her guard against the delusive idea that an infant a few months old is not capable of being influenced by those in whose arms he lives. At the age of three months, the smile of the mother elicits from him an answering and sympathizing smile; and at the same age an angry gesture will frighten him. The first language of the infant is a language of signs. He soon learns to distinguish his mother's face from all others. He looks, and she understands; he cries, and she hastens to his relief. He learns rapidly in a language which he finds intelligible to her, and becomes in time a little master of pantomime. He sees, too, that she looks at him differently at different times, and that the tones of her voice vary, indicating pleasure or pain. Thus, long before oral language is used, a symbolical language of the countenance and tones of voice are established between mother and child. The mother has, perhaps, used this natural language unconsciously; but she may do



much to improve and refine it, and to extend its use in the moral and intellectual development of the child. The effect of these principles is seen in the change which takes place in the countenance of an uneducated deaf mute after he has enjoyed a few weeks of intercourse with his companions in misfortune in an asylum. His feelings, expressions of countenance, and general deportment, undergo a wonderful transformation. Catching, by imitation, the spirit of those around him, they become instruments for expanding the mind and forming habits of thinking and feeling.

Instant and constant attention to the wants and wishes of children renders them exacting, fretful, and disobedient. We can hardly expect an infant to await its gratification with no other occupation than expectation; but playful notice while it waits will, even at the first, restrain impatience. A child needs, of course, constant attention; but this can be bestowed at the same time, leaving him much of the time to himself, and thus at a very tender age he acquires a kind of independence in finding happiness in and for himself. A babe at eight or ten weeks old, if he has been accustomed to lying alone, will have fixed his eyes upon some attractive object, perhaps his own moving fingers, and is happily occupied.

Constant warnings, threats, or entreaties have a most pernicious effect when the obedience they would obtain is not insisted upon. The child, becoming accustomed to them, ceases to heed them, for he discovers that the words mean nothing.

Mutual confidence should be the governing principle in the communion between parent and child. This cannot exist where the former acts as a judge and law-giver, who acknowledges no confession, no sorrow, who cannot weep and rejoice with the offender. The few words, "I am sorry that you are angry," "Try to be good and I'll help you," "Wipe away your tears and tell me what vexes you"—are more likely to turn away wrath than stern commands or cold disapprobation. Nothing can be more beautiful than the conduct of a child reared under the influence of love. He enters among strangers unabashed and undismayed, desiring only to please and to be pleased with everybody. Reverse the picture, and see the child governed by fear, a timid glance, a desire to escape observation, nothing

truly enjoyed because of an undefined fear of provoking rebuke or ridicule. The only fear a child should feel is to pain those it loves. The fear of a mother's sorrowful countenance will be a more efficient check, a more healthy influence, than that of her angry voice. In expressing to a child our wishes it is far better to ask than to command. It is just as easy to say to your child, "Willie, will you please close the door?" as it is to say, "Willie, shut that door." The former mode of speaking, if habitually used, just as much conveys the idea to the child's mind that he is to do what you request, as does the latter, and he obeys with a far pleasanter feeling. Besides, just as you address him, so will he speak to others from force of imitation. If you habitually preface your request to him with, "Will you be so kind?" or "Will you please?" he will almost insensibly, do so with others. If, when he has complied with your request you recognize that compliance with a "thank you," he will almost involuntarily do the same when anything is done for him, and in this way, by the force of example alone, his whole demeanor will become, without an effort, or even a thought, on his part, gentle and courteous.



### CHAPTER III.

#### GENERAL REMARKS ON HYGIENE.

IN all ages and among all nations, civilized as well as those in a state of uncivilization, the first and most prominent desire of man has been to prolong his existence; and, even at the present day, notwithstanding the eagerness and perseverance with which wealth and ephemeral pleasures are sought, the preservation of life and health occupies a conspicuous place in the hearts of men. Health is of the first importance to the human family. What treasures can indemnify us for its loss? What is the nature of that life passed in pain and suffering? Of what use can a diseased man be to his wife, his children, his fellow-creatures, or even to himself? What undertaking can he attempt? The insensibility of the coffin is preferable to the



bed of pain, upon which so many unfortunate victims to human infirmities languish. Nothing, then, can be more desirable than health ; but to recover it, or to preserve it when we have it, we must faithfully observe and obey the laws of nature. We must recognize that our ills are nearly always the result of our own folly, and it will then be more easy for us to avoid them. To be enabled to do this we must understand ourselves thoroughly ; we must investigate the influence upon us of everything surrounding us ; calculate the effects of food and drink, the action of the air we breathe, and the several conditions of heat, cold, dryness, moisture, purity or impurity, and carefully observe all the relations to ourselves of physical and moral objects ; the secretions and excretions ; of labor and rest ; of pain and pleasure ; of tranquility and activity of the mind and of the passions, which too often agitate it. The practice of this science, termed Hygiene, is a wise and prudent government of life, which should be the constant object of the thoughts and of the serious study of men and women, for it is essentially preservative of both health and happiness.

Experience attests that man ought to live one hundred and thirty or one hundred and forty years. Instances of such longevity are rare, it is true ; but, with the aid of science, they may become more and more frequent, and that which has been the exception may become the rule. The learned Hufeland declares that there is no impropriety in saying that the life of man ought to continue for two hundred centuries, and which opinion is in accordance with the relation which exists between the duration of growth and that of life. We know that an animal lives seven or eight times as long as is required for it to attain its full growth. Now, man arrives at his growth in twenty years, and, being superior to animals, the duration of his life ought, at least, to extend to two hundred years.

It is less the perfection of a machine than the use one makes of it that determines its destruction or duration. Many delicate and feeble women reach an advanced age, while many young men, in the plenitude of their strength, fall under the attacks of disease.

What is it, then, that occasions death before man has lived one-fourth of his allotted time ? It is his ignorance of, or inat-

tention to, the laws of nature. Acrid and burning substances, as pepper, cloves, vanilla, mustard, vinegar, strong herbs, tea, coffee, fermented and aromatic drinks, are freely made use of as common articles of diet ; and an advanced civilization has made them objects of the first necessity ; it has multiplied them and combined them in such a way as to provoke appetite and to excite sensuality. Nay, physicians not only tolerate them, but even have advised them. Not only is the use of alimentary excitants abused, but strong alcoholic drinks are used nearly as freely and as common as water ; the hair is excited and injured by oils and washes ; the eyes, by paint ; the skin, by cosmetics ; we are purged ; we are bled ; we turn night into day ; we transform love into pleasure ; and we employ all means of living fast, of weakening the moral energy and of destroying health.

Some pass their nights in the ball-room or at play, in confined places, or where the atmosphere is highly vitiated by dust, and by the combustion of lamps, as well as by the emanations from a more or less diseased assembly. Others, carried away by their passions, exhaust themselves, and destroy their intellect by other excesses ; a third party pass most of their time at the table, making a god of their stomach, which they surcharge even to apoplexy ; while a fourth enfeeble themselves by sleep, inaction, prolonged warm baths, wearing flannel in summer, etc. ; some give themselves up to anger, envy, hatred, jealousy ; others enervate themselves by the use of tobacco, and other articles destructive of nervous force ; each one acts against his own welfare by placing himself in open opposition to his health, and employing the most capable means of consuming his already short and sorrowful life.

Although the city has many advantages over the country, as the greater readiness of procuring the necessary agents and means for the sick, as well as for procuring articles not to be had in the country ; yet, were it possible for us to view, simultaneously and collectively, all the miasms, all the putrid emanations, all the corruptions of air, water, and food, all the diseases and contagions, all the sources of suffering, all the antagonisms, all the rivalry of interests and ambitions, all the egotisms, all the hypocrisies, all the agitations, and all that

renders life so feverish, so wretched, and so short on the one hand, and on the other the pure air, favorable sky, healthy nature, peace, and contentment of the country—there are very few persons who would consent to live in the former twenty-four hours.

Nature, always true to herself, promptly warns us of the danger of injurious habits by the disagreeable sensations we feel when we commence them. Who is able to pass the first night at a ball without being extremely fatigued or feeling a troublesome torpor?

#### WHO CAN ACCUSTOM HIMSELF

to snuff, chew, or smoke tobacco, to use strong drinks, to eat pepper and mustard, without at first suffering more or less indisposition? Who can drink for the first time, and with pleasure, a cup of strong tea or coffee without sugar? Where is the robust country man who will be able to comply with the usages of city life without becoming sick? It is, then, only the instinct of imitation, the habit contracted in youth, or the necessity of yielding to fashion, which has led us to use these hurtful means. True, habit terminates by becoming a necessity; we then find pleasure in their use, we employ them in excess, and a host of diseases and infirmities soon overtake us as a punishment for these infractions of the laws of health.

The ancients were ignorant of the use of the greater part of these means which blast and destroy both soul and body; they were not acquainted with tea, coffee, tobacco, nor any other of the excitants of the nervous system; their only fermented drink was wine, which they always mixed with considerable water; thus their diseases were few and simple, and their manners and physical conditions were better than ours. We are far from desiring a return to those days of patriarchal simplicity, or to this Pythagorean diet so opposite to our present condition, our manners, and our climate; the complicated organization of man requires a variety of nourishing and restorative aliments

#### AN INCOMPLETE DIET ONLY SUSTAINS

a part of the organs, and, if it be prolonged, other organs will be

injured. But will our meats be less savory when their natural qualities have not been destroyed by aromatics? Will our digestion be less effective when it is the work of nature instead of that of excitants? Will our existence be less agreeable if we disengage ourselves from everything that will injure or shorten it? If we do not experience those tumultuous pleasures, those insensate joys, those consuming passions which torment the multitudes we will no longer have their low spirits, their griefs, anguish, distaste for life, nor the diseases which consume them. On the contrary, we will possess vigor, health; we will experience pure pleasures, noble emotions, elevation of soul, power of mind, friendship, and devotion—qualities which were so common with the ancients, and are so rare with us. Life is a treasure in our hands; it depends upon ourselves to preserve it, or to quickly consume it. A long life exempt from infirmities, is generally the price of a simple and natural course of regimen.

The mind, also, has its necessities, and the more it is cultivated the greater and more numerous become these necessities. Thus assemblies, diversions, recreations, the fine arts, music, everything which responds to our legitimate aspirations without injury to the tranquil mind or to the health, is not prohibited. Hygiene, like morality, only condemns errors and excesses.

We cannot shun death, but it is easy to extend the bounds of life. It is better to prevent disease than to cure it. We should love life without fearing death. To fear death is never to enjoy life, but to be always dying; it is more frightful to be unceasingly anticipating it than to receive it. All sombre and melancholly thoughts and ideas are inimical to health and longevity.

“Ennui” is enumerated by Dr. Noirot among things eminently destructive of life. We have scarcely its equivalent in the English language; but it is idleness in youth, surfeit in the adult, weariness and despair in old age. Whatever induces moral depression is as baneful to existence as that which induces physical depression. Firmness of will, is, therefore, one of the most powerful sanitary measures. The seven cardinal virtues were faith, hope, charity, temperance, cleanliness, justice, and *force*; the seven moral sins, pride, avarice, idleness,

luxury, envy, anger, and gluttony. The first are favorable to long life, and the other fatal to it.

#### THE FORCE OF THE WILL,

by giving a high tone to the more noble faculties of the soul, strengthens the principle of life, and enables both mind and body to resist all that is pernicious to it. Fear or indecision, on the other hand, delivers it up helpless to the enemy. Energy in doing good is still more sustaining than even strength of will devoted to mere selfish ends. It is this feeling which enables a medical man to perform his duties with cheerfulness and impunity in times of pestilence and plague. Fabrizzi, afflicted by a fatal complaint, withdrew to the country to die. A family of peasants supplicated his aid in the case of a disastrous accident; and their gratitude was so lively and sincere for the cure effected, that the physician felt that, if his life was not utterly useless, he had no right to abstract it from others. He resumed his labors, recovered his health, and lived to a good old age. Barthez, Fodere, and Hufeland all believed that great power of will could induce prolongation of life. It is certainly powerful to relieve. Kant used to say that most nervous disorders are due to idleness and inertia. Many conditions of debility, discomfort, distress, and sickness arise, indeed, from fretful and cowardly giving way to corporeal sensations. The great French Revolution roused many poor, sickly, and languishing persons to health and activity.

There is but one royal road to success—work. Grant in arms, Stewart in commerce, Webster in oratory, and Field in telegraphing, tell us one story—work. Fortunes do not float to us on a smooth sea. Culture of heart and brain does not fall upon us like the light of the morning. The price of all excellence is toil. More than anything else, the world wants workers. Nature is waiting for them. Science waits. Reform waits. God and humanity wait. We fail not for want of endowments, but for want of use and application of our powers. A thousand men go to a horse-race, and squander time and strength enough to build a mile of railroad; the one passes like a vapor, the other would live for ages. The want of the age is not genius, but work. Success is a splendid prize, but is



gained only by that mastery of self which despises ease and indulgence and determines to win. Whatever helps to keep the heart pure and the life virtuous strenghtens the arm of the worker.

MAN IS A TWOFOLD BEING,

moral and physical ; he is so well constituted that harmony reigns between his two existences. A derangement of one almost always affects the other. Like the course of the year, man has his four seasons. In his spring-time there is superabundance, and in his winter there is privation ; in the one he commences, and is not perfect, in the other he is completed, and is in penury ; and in both he requires the same management and watchfulness. In both of the extremities of life man is weak and unsteady. Old men should receive the same cares as children ; we cannot be too lavish of our attentions to the old age of him who was all profusion to our infancy. Shower upon him comforts and diversions, for old age has especial need of them, and has, also, more than infancy, the remembrance of them. Woman sustains and guides the first steps of man, and at the close of his career, we still find the tender and delicate cares of woman. The destinies of each sex are the consequences of their physical constitution. These differences between men and women, as regards health, indicate upon what principles the direction of their physical, intellectual, and moral education should be based.

DIET.

Monotony in diet is as deleterious in its effects upon the body as is monotony of labor and surroundings upon the mind. Housewives and others having in charge the selecting and cooking of the daily food, are too apt to fall into a routine, both in the articles selected and in the manner of preparing them, without regard to the wants of the system. Animal substances are more nutritive than the tissues of vegetables ; they contain, in a small volume, a greater number of elements fit to repair the incessant losses of the system, and have a less quantity of unhealthy residuum. Meats should form the basis of diet for persons subject to scrofula, rickets, phthisis, etc., for they cause the fibrine and blood globules to predominate over the water, lymph,

and albumen of the system. The quantity, quality, and manner of taking food, is an item of importance in the treatment of chronic diseases. As a general rule, all fat and greasy substances, all acids, and whatever tends to produce acidity of the stomach, should be avoided, as they are apt to interfere with the medicines administered. Indeed, everything should be avoided that will derange the stomach, constipate the bowels, or over-tax the digestive powers. A weak condition of the stomach will often prevent the patient from employing a strengthening diet. In this case, a little light wine may be taken with the meal; if irritability of the stomach exists it may be lessened by the use of mucilages, etc; if acidity, a little lime-water may be taken at meal-time; constipation may be removed by the use of bran-bread, figs, stewed fruits, etc. In order to secure a perfect digestion, it is important that, for half an hour before and after each meal, all physical and mental excitement be avoided. Food must be well and finely chewed before swallowing, as the longer it is chewed the more thoroughly it is mixed with the saliva, which aids greatly in digestion. Below we give a list of articles which are specially proper for those suffering from chronic diseases. These articles, however, must be employed with judgment, avoiding all which cause headache, or any disagreeable feeling. Patients ought never to habituate themselves to a low diet, nor to an insufficient amount of food. Some may get sickly from over-feeding, but our opinion is that many become weak and debilitated from want of sufficient nourishing food.

## LIST OF FOOD PROPER FOR CHRONIC PATIENTS.

|                     |             |                    |
|---------------------|-------------|--------------------|
| Calf's Head.        | Eggs.       | *Honey.            |
| Calf's-foot Jelly.  | Fresh Fish. | Indian Pudding.    |
| *Lamb.              | Frogs.      | *Lettuce.          |
| Marron.             | Oysters.    | *Muskmelons.       |
| Tender Beef.        | *Turtles.   | Parsley.           |
| Tender Corned Beef. | *Crabs.     | Parsnips.          |
| Tender Smoked Beef. | Shrimp.     | *Peaches.          |
| Tender Tongue.      | *Muscles.   | Peas.              |
| Venison.            | Snails.     | Potatoes.          |
| Ham.                | Asparagus.  | Pumpkins and Pump- |
| Rabbit.             | Barley.     | kin Pies.          |

|              |                     |                  |
|--------------|---------------------|------------------|
| Squirrel.    | Baked Apples.       | Raspberries.     |
| Chickens.    | Beans.              | Rice Pudding.    |
| Chicken Pie. | *Blackberries.      | Sago.            |
| Ortolan.     | Boiled Rice.        | Salt.            |
| Partridge.   | Carrots.            | Spinach.         |
| Pigeon.      | *Chocolate.         | *Strawberries.   |
| Prairie Hen. | Cocoa.              | Toast Bread.     |
| Quail.       | Cooked Onions.      | *Tomatoes.       |
| Snipe.       | Corn Bread.         | *Turnips.        |
| Seal.        | Dates.              | Unbolted Wheat   |
| Thrush.      | Figs.               | Bread.           |
| Wild Duck.   | Ginger, small quan- | *Watermelons.    |
| Wild Turkey. | tity.               | Wheat Bread.     |
| Woodcock.    | Hasty Pudding and   | *Whortleberries. |
|              | Molasses.           |                  |

And as little spices and *fresh* butter as can be conveniently used.

Although the articles marked thus \* sometimes agree with patients, they should be used with care. Of all animal meats *beef* is the most fitted to our stomachs, to the maintenance of health, and to the development of our strength. Boiled or roasted beef is the best. Steaks are also digestible and nutritious. *Veal* and *lamb* should only be eaten by those whose digestive powers are good. *Pork* is hard to digest; the animals are always more or less diseased, and consequently *it is not fit for any one to eat*. Salt-water *fishes* furnish an excellent article of food. The moderate use of *table-salt* upon fresh meats and vegetables is very essential to the preservation of health. The less our food is seasoned and spiced, the easier will be its digestion. Have a moderate breakfast, a comparatively hearty dinner, and a light supper, and eat nothing between meals. Eat sufficient to satisfy the appetite, and *then stop*.

#### DRINKS.

During a meal little or no fluid should be drank, as it distends the stomach and dilutes the gastric juice, thus impairing its solvent power. If, however, we do drink during, or soon after eating, the liquid should be neither hot nor cold, but *warm*; because cold arrests digestion, and if the drink be too hot it overstimu-

lates the stomach, from which, when reaction takes place, results debility of the digestive organs. *Beer, ale, and porter* are of occasional service among patients debilitated by chronic disease; but are *especially injurious* to those suffering from disease of the kidneys, bladder, and urinary organs. Cider, sour wines, and other sour drinks, are apt, from their acidity, to neutralize the action of medicines. *Tea and coffee* are active stimulants, the daily use of which is highly pernicious when used in excess and in great quantities. Although patients will be better without them, yet there may be instances where they may be used in moderation and quite weak. As a general rule, *water* is the best beverage for those laboring under chronic diseases.

#### TOBACCO.

An energetic poison, tobacco has become one of the most imperious wants of our age. We snuff, we smoke, and we actually chew, this acrid and corrosive substance, which weakens the brain and nervous system, and destroys the powers of digestion. An oppressive torpor, weakness, loss of intellect, softening of the brain, paralysis, nervous debility, impotency, dyspepsia, diseases of the liver and kidneys, and gravel, are by no means uncommon consequences of the excessive use of tobacco. And there is scarcely to be found a person engaged in chewing or smoking who does not frequently experience warnings against its use in feeling faintness, nausea, giddiness, extreme dryness of the throat, nervous tremblings, and more or less sickening debility, with prostration of the vital powers and feelings of fear, disquietude, and apprehension. It is a remarkable fact, which all physicians of much experience will corroborate, that, in the treatment of chronic diseases, those who are addicted to the use of tobacco in any form are, as a general rule, found to be much more difficult of cure than those not using it: their nervous systems responding feebly and slowly to the action of remedies, owing to the susceptibility of the nerves being blunted and paralyzed to both external and internal influences.

A patient under treatment should give up his tobacco, or else the physician should assume no positive responsibility in his case further than to do the best he can for him.

## AIR

is still more indispensable to life and health than food ; we eat only two or three times a day, but we breathe incessantly night and day. As early as the strength and age of an infant will permit, he should be, in seasonable weather, taken often into the open air ; and there is no surer way of making a young child susceptible to colds, croup, looseness of the bowels, and the many things we would avoid, than by keeping him constantly indoors and too warmly clad.

We should seek to secure for both patient and those in health, a pure, oxygenized atmosphere. Do not stop up the chinks of the doors and windows with listing ; always sleep with windows sufficiently open to admit of free ventilation, for the free night air, of which so many stand in dread, is far preferable to the confined, contaminated air of the bedrooms. Patients should avoid crowded assemblies, where the atmosphere is vitiated by dust, the combustion of lamps, and the emanations from the skin and lungs of hundreds of people.

There are many families who use night-lamps, and, through inability to provide gas, have been in the habit of burning kerosene oil. When the light of the kerosene lamp is turned down low the combustion is not perfect, and the atmosphere of the room becomes vitiated by the unconsumed oil vapors, by the gas produced by combustion, and also by the legitimate particles of smoke and soot thrown off, to be taken in the lungs of the occupants. Air thus poisoned is deadly in its effects, and the wonder is that people are not immediately and fatally injured by breathing it. Its consequences are the unaccountable and mysterious headaches, irritation of the throat and lungs, dizziness, and nausea.

Nor should people keep flowers or perfumes in their sleeping apartment. Choose a southern exposure, and avoid a north room where the sun does not penetrate, for where the sun fails to go the doctor is sure to. Sea air is especially beneficial to scrofulous and lymphatic patients.

## CLOTHING.

No more clothing should be worn than sufficient to keep the body warm, care being taken to have it evenly distributed, and



to regulate the amount according to the increase or decrease of temperature. In countries where the temperature is changeable, where cold and moist winds suddenly succeed an oppressive heat, it is indispensable to wear flannel clothing. Neglecting this is a frequent cause of diarrhœa, dysentery, intermittent fever, etc ; it should also be worn where hot days are succeeded by cold nights. The clothing of both men and women should invariably be so loose as to admit of free circulation and movement. Dress the feet warmly, and the head coolly.

#### EXERCISE,

taken regularly and properly, is one of the most efficient measures against the development of chronic diseases. It should be taken as much as possible in the open air, with regularity and moderation. A patient, when advised to take exercise, may reply, "I have plenty of it in my daily business." But this is not what we mean by exercise. It must have no reference to business, labor, nor to household occupations, but should be associated with whatever tends to produce agreeable mental excitement, freed from the cares of life—riding on horseback, sailing, rowing, cultivation of gardens, dancing, gymnastics, etc., the nature of the exercise, of course, being adapted to the disease, strength, and circumstances of the patient.

A genuine, hearty laugh is like a fire in a foul chimney. It acts as a digester of the food. It is a soul-cleanser. It topples down a man's sham dignity, sweeps away all make-believes and pretenses. It hastens the circulation of the blood, and, in our opinion, does more, when frequently indulged in, towards preserving the health and morality of people than nearly all other hygienic measures.

Frictions upon the surface of the body, together with shampooing, will be found a most efficient means in chronic diseases. Traveling is of great benefit when the circumstances of the patient will admit of it, especially to those laboring under scrofula, chronic irritation of the stomach, hypochondria, melancholy, etc. Sea voyages are of much service; but, in order to derive the full benefit from this kind of travel, patients should, as far as possible, adapt themselves to the duties and fare of the sailors; a mere journey across the sea, without muscular

exercise, and a diet consisting only of delicacies, will be of little avail to the invalid.

#### SLEEP

—the rest of nature, the apparent nothingness in which life is reanimated and all the functions improved—sleep, the repairer of all our exhausted forces, must be regulated with the greatest care. There are thousands of people die every year for want of sleep. It may be that too much sleep injures some; but, in an excitable people, and in our intense business habits, there is far more mischief for want of sleep than from too much of it. The night is the repair-shop of the body. Every part of the system is silently overhauled, and all the organs, tissues, and substances are replenished. Men need, on an average, eight hours of sleep a day. If one requires a little more or a little less, he will find it out for himself.

The sleep of the first part of the night is the most agreeable and the most reparative. A large bedroom well ventilated; a bed rather hard; a temperature cool, rather than warm; no clothing which will obstruct circulation; stomach empty; bowels and bladder evacuated; and the mind at peace: and the sleep will be what it was intended to be—the restorer of all our forces. Children should not be allowed to sleep with persons of advanced years.

#### BATHING.

No home, or suite of apartments, ought to be tolerated without a bathroom. Cleanliness is not only akin to godliness, but it is the beginning of it; and proper provision should be made by every one who builds a house, for the cleanliness of those who are to inhabit it. Health and good morals would be promoted thereby. A good bath in every house would be worth more than all the labor of all the home missionary societies.

For ordinary purposes of health, the entire body should be sponged with cool water every morning upon getting out of bed, drying immediately with a coarse, soft towel, and applying sufficient friction to produce a pleasurable glow. In addition to this, a full bath should be taken once a week in winter and twice a week in summer, using soap and warm water. In

regard to cold baths, we would say that, whenever they leave a sense of chilliness for some minutes after application, they will prove deleterious, rather than beneficial, if persisted in.

Sea-bathing is especially beneficial for those whose organic texture is soft, constitution weakly, and whose organs are slowly developed at the period of puberty—many cases where menstruation does not manifest itself ; in convulsive and hysterical affections ; hypochondria, mania, and melancholy ; chorea, epilepsy and many other affections. Baths are frequently rendered more efficacious in the treatment of certain diseases by dissolving in the water some medicinal agent, the absorption of which will produce healthful influences. These are the *Medicated Baths*.

Avoid bathing within two hours after a meal.

With these general remarks upon Hygiene, we will turn to the consideration of a few of those diseases which result, in most instances, from a disregard or want of knowledge upon this subject, giving a few plain directions for their prevention and treatment.

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## CHAPTER IV.

### REMARKS CONCERNING THE CAUSES, SYMPTOMS, CURABILITY, AND TREATMENT OF CHRONIC DISEASES.

PHYSICIANS devoting their time to what is termed "Family Practice," often find their skill perplexed and baffled, their patience tried and even entirely overcome, over those cases not confined to the bed or house, and which require, instead of a few prescriptions, a steady, persistent, unswerving course of treatment. The patient himself, after repeatedly consulting without benefit the family physician, who perhaps, has had the most perfect success in the family for years, in severe diseases of an acute form, finds himself no better, and either settles down under a sort of grin-and-bear-it conviction that he is an incurable invalid, or else does what is worse—resolves to try the skill of some eminent surgeon who has cut out for himself a

reputation at the expense of the flesh and bones of his fellow-men. The public mind seems to be in ignorance in regard to the different qualifications necessary to be a successful surgeon, or a physician. A man possessing much mechanical genius, with a proper knowledge of the muscles, arteries, and nerves of the human body, can scarcely fail to become a successful surgeon. His celebrity, as such, may become world-wide, and justly so, and yet his medical attainments be far inferior to those of the most obscure country doctor. When the surgeon has performed a few successful major operations, the press heralds his name far and near, while the medical practitioner, who for weeks and months has intelligently and persistently combatted an old so-called "incurable" complaint, and by his medication and advice ultimately attained a complete triumph, is entirely overlooked, and the case, instead of being chronicled by the newspapers, is buried in obscurity.

Again, a man with thorough medical education may, and does, practice with great success in acute diseases; and yet will utterly fail in the treatment of chronic diseases, because there are various symptoms, facial expressions, etc., etc., which always obtain in different forms of chronic ailments, which seldom if ever prevail in acute disease, and hence are overlooked, or not understood. We would not for a moment detract from his attainments, or from the credit due him. The truth is, the profession should be divided into three branches—the surgeon, the physician in acute diseases, and the physician in chronic diseases. These three are as separate and distinct as the work of the house-builder, the ship-builder, and the cabinet-maker. As well might you expect one man to excel in each of the latter three occupations as in the former. The saying, "Practice makes perfect," is an old, hackneyed one, but it contains a deal of truth. It must present itself as a self-evident fact to any thinking, reasonable person, that one who devotes his time and attention wholly to the study of the symptoms of chronic affections, and notes the effect produced upon them by certain remedial agents, cannot fail to be more successful in their treatment than he who gives most of his time to the study and treatment of acute inflammations, fevers, etc., and *vice versa*.

Be it far from us to affirm that all diseases can be cured that

smacks at the outset too much of quackery. But our own practice and experience teaches us that in the majority of cases, for those complaints called hopeless, or incurable by the family practitioner, there is not only help, but permanent relief, if those suffering from these complaints will but seek this relief at the hands of those who are familiar with the peculiarities of these diseases, as the surgeon is, or should be, with his anatomy.

#### THE DIFFERENCE BETWEEN CHRONIC AND ACUTE DISEASES.

Many people have erroneous ideas as to what constitutes a chronic disease. With them the word chronic is synonymous with the word incurable, and when the family physician remarks that their disease has assumed a chronic form, they immediately feel that their cure is hopeless. An acute disease is one where there are active inflammatory or feverish symptoms, with disturbance of the circulation and nervous system, which requires active treatment, and which terminates at the end of a few days or weeks in health, chronic disease, or death. A chronic disease is a disease of one or more organs of the body, unaccompanied by inflammatory or feverish symptoms, and which, being of months', and even years' duration, requires a course of continued treatment.

The causes of chronic diseases are, moisture, want of exercise, atmospherical changes, locality, deprivation of pure air, and of sunlight, intemperance, the vices of society, the inhalation of animal, vegetable, and mineral powders, absurdities in dress, and one other very important and frequent one, though it is seldom mentioned, viz., uncongeniality of our daily occupation, or being obliged to follow some pursuit that is incompatible in every way with the temperament, talent, and disposition of the person engaged in it. We can scarcely lay too much stress upon the last mentioned cause of disease; for there are hundreds of persons of both sexes who are spending their lives in a wretched listlessness and misery, because they have no particle of interest in their daily occupation. They go through their daily task like a machine, having no ambitious thought of future success. To them the word "Excelsior," which should stand as the motto uppermost in the mind of every man and woman who desires to



succeed in life, is as a dead letter, and they become, to all intents and purposes, withered and dead, their intellects blunted, their capabilities destroyed, and their energy gone. Our advice, under these circumstances, is, make a strenuous effort to get out of the old routine and into something where you can use the powers you possess ; but before taking the step be sure that you are going to take the right one, for many times people who have continued for years in one pursuit, become so habituated to its routine, however irksome it may have been to them, that they are unfitted for a change. Parents have great need to give attention to the tastes and desires of their children in this direction if they would see them successful and happy. Often they see their sons and daughters, grown to manhood and womanhood, grow gradually listless, and lacking in ambition and application to the pursuit furnished them. They are, if not positively *dissatisfied*, at least *unsatisfied* ; they only work mechanically, and with no heart in their labor : it constantly irritates and wears upon them, body and soul. They grow dispirited, pale, and sick ; and this is just the time when, if there is the slightest hereditary tendency toward any disease it manifests itself, the young man or woman going into some form of kidney disease, consumption, or what is termed general decline. Now, all this might be avoided by simply ascertaining the desires of the child, and providing some congenial, healthful employment, where not only the hands, but the head and heart, would be fully and agreeably occupied. Thus a very prolific source of chronic disease which often baffles the skill of the physicians, might be entirely done away with.

#### THE CURABILITY OF CHRONIC DISEASES.

Every disease has its curable stage under proper treatment, and its incurable stage under any treatment. The curable period is during that part of the disease before decomposition, or organic changes, have occurred in the organs or tissues affected ; the incurable period is in that advanced condition of disease when the organs or tissues affected have become greatly hardened, softened, undergone extensive fatty degeneration, or become morbidly changed in some other way. Yet it must be re-

collected that cures are frequently effected in morbidly changed organs or tissues, where these hold a minor relation to the vital actions and powers of the system ; but, when the organs or tissues so changed have an essential and direct relation to the powers of life, a cure is rarely, if ever, accomplished. This is true of both malignant and non-malignant diseases. For this reason it is better that pulmonary consumption, softening of the brain, fatty degeneration of the kidneys, etc., etc., be seen and treated as early in the course of the disease as possible.

The curability of a disease, though depending considerably upon the period at which treatment is commenced, is also influenced by other conditions and circumstances ; as, the state of the patient's general health, or the condition of his fluids and solids, the business he pursues, the locality he inhabits, the changes to which he is necessarily exposed, the degree of resisting power he possesses, hereditary tendencies, the susceptibility of his system to remedial agencies, etc., all of which should be noticed and overcome as far as possible. As a general rule chronic diseases, to admit of a permanent cure, must be taken before the vital powers have passed into the descending scale. This is why it becomes more difficult to eradicate disease as the person becomes an old man or woman, than when young or in middle age. It is by no means an uncommon thing for physicians, and even those of considerable experience and judgment, when certain malignant, or suspected malignant, affections or formations are presented to their professional notice, to advise the patient thus afflicted to "let the matter alone," or, "to wait until it presents a more serious aspect, and demands treatment ;" and the reason given for such advice is, that "the case is of doubtful character, and any interference might cause it to assume a malignant form," or that, "by waiting until the true character of the disease is developed, they will be better enabled to treat it." This is entirely wrong. The earlier any disease whatever is brought under proper remedial influences, whether medicinal or surgical, the more susceptible it is of being cured, if a cure is at all possible ; and by delaying curable measures to a later period of the malady, is only to permit it to increase in severity or malignancy, and consequently to become less curable.

Disease always commences in the finer elements of our natures,

and ends in the grosser. Physicians holding a post-mortem examination will find hypertrophy of the liver, or hardness of the spleen, and conclude that the patient died from one or the other of these affections ! But they are blind to the fact that hundreds pursue their daily avocations with hypertrophied livers and enlarged spleens, and that women can walk about with ovaria enlarged to the size of a child, till at last, being found in the dead body, it is presumed that death has ensued from these enlargements. Now diseases do not originate from diseased masses and products, but these same bodies are the effect of disease, and the token that it has been present. The patient dies, not from these pathological growths, but from the process of disease which called them into existence ; and farther, we are not to direct our attention to the mere residucs of disease and the products of death, but rather to the destructive death process itself.

#### THE LENGTH OF TIME REQUIRED TO CURE A CHRONIC DISEASE

is a matter in which patients manifest a special concern ; it appears to be a popular prevailing idea, that if fevers and inflammatory diseases, which act so powerfully upon the system, prostrating the patient upon the bed for weeks, with more or less intense suffering, can be cured in a few days or weeks, Chronic diseases which present less intense symptoms ought certainly to be cured in about the same time. And this erroneous opinion is frequently sustained by the course the medical man pursues, in promising a quick cure, using mere palliatives to allay the symptoms and quiet the patients anxiety, etc.

Acute diseases almost always attack suddenly, and are principally confined to the fluids of the body, and death would speedily ensue, especially in the higher grades where the tendency to decomposition is great, did we neglect to quickly unlock the outlets for the elimination of morbid matter, and to lessen inflammatory action, adopting those measures with an energy and severity proportioned to the intensity of the attack. Hence cures are effected in from six hours to forty days, according to the severity of the attack.

But with chronic diseases it is quite different ; they are slow in developing themselves from the continued retention and renewal

of morbid changes in the fluids, the solids become abnormally influenced, and it is only when an organ or a set of organs become impaired that the patient realizes he is laboring under disease. In chronic disease the treatment must be chronic, if a permanent cure is aimed at ; the remedies acting in a slow but continued manner, and no sudden or miraculous cures must be expected.

One of the most erroneous systems of practice is the patching or palliative treatment by which symptoms only are attacked, while the morbid conditions giving rise to them are overlooked. Thus a person suffering from severe pain or cough applies to a medical man, who merely palliates or deadens the symptoms by giving something which paralyzes or destroys the nervous or muscular action of the part. The patient fancies himself cured, and has an exalted opinion of the physician's skill ; but, unfortunately, in a few weeks or months the symptoms return with increased severity, and, after trying other medical men with the same success, he loses all confidence in educated physicians, and, like a "drowning man catching at straws," flies to charlatans and nostrums with the faint hope that some of these may benefit him. In the last stages of chronic diseases, where the disease is incurable and the patient suffers intensely, then palliative measures are justifiable ; but in no other instance. These diseases require a considerable length of time in order to be permanently cured, for the entire system must be changed cell by cell, molecule by molecule, from a morbid to a healthy condition. The quantity of medicine, or the length of time necessary for a cure, can never be precisely known at the commencement of treatment : this depends upon several conditions and circumstances, as the character, duration, and severity of the disease, the extent to which the brain and nervous system is involved, age of the patient, and the susceptibility of the system or of the diseased organs or tissues to the influence of medicines.

A large three-story brick house may be torn down in eight or ten days by five or six men, but the same number of men cannot rebuild it in the same time ; it must be rebuilt brick by brick, occupying several months before its erection can be perfected : so the broken down system of months' and years' standing must be rebuilt molecule by molecule, cell by cell, etc., not only

using agents to destroy and remove morbid matter, but literally adopting measures to repair the functions of the secretory and excretory organs, and impart tone and vigor to the brain and nervous system.

One person may become intoxicated in ten minutes from taking a wine-glassful of brandy, while another will require three or four hours time and a pint of liquor. So two patients, laboring under the same form of disease, may pursue the same treatment—one becoming permanently cured in three months, and the other requiring twelve or eighteen months of treatment.



## CHAPTER V.

### CHRONIC DISEASES OF THE NERVOUS SYSTEM.

Until quite recently, the functions and diseases of the brain, spinal cord, and nerves, were involved in the greatest obscurity. Eminent physiologists, however, having recently made the most thorough investigations, have ascertained considerable knowledge in the pathology of these organs, enabling us to determine the character of many affections common to them, with greater accuracy, as well as to treat them with greater success. We shall speak but very briefly of a few of the most common diseases of this system.

One of the affections most common to the nerves is called

#### NEURALGIA.

Yet this is certainly not a disease, but a symptom; it is a condition of the system manifested through the nerves. Its proper name should be neuræmia, or nerve starvation, for we almost always find patients who are subject to this trouble pale and emaciated, blood poor and watery, and entirely insufficient in quality if not in quantity to nourish the nerves; for, be it remembered, the nerves circulate a fluid like the blood-vessels, although no one is positively certain as to what constitutes that fluid. It is probably electricity, or something very similar to it, for in a recently deceased person it will set the heart in motion



again, and even continue the process of digestion for a long time when applied to the great nerves which control this function. The reason that so many people suffer years from this trouble, is that physicians, as a rule, consider it a disease, and attack it with quinine, strychnia, etc., forgetting the fact that it is but a symptom, perhaps, of some cause, situated at a very distant part of the body to which the pain is felt. This cause may be, perhaps, bleeding piles of years duration, smoking and chewing, sexual dissipation; and in women, repeated abortions, leucorrhœa or whites, or, in fact, anything which will tend to reduce the tone of the system or impair the quality of the blood.

### PARALYSIS

is another disease that, day by day, is becoming more frequent. Its increase is due, no doubt, to the eager excitement with which we pursue our daily occupations, and the intense thought and care necessary for the successful competition with our next-door neighbor. If we only would give more attention to the laws of health, as given briefly in our chapter on Hygiene, our vital forces would be husbanded instead of wasted, and our energies saved instead of spent. Disease does not come from overwork always, but more often from neglecting the plainest and simplest laws of our being. Paralysis, truly, is a terrible visitor; and the very suddenness of its attack, coming as it does without any warning, as a rule, only adds more terror to its name. Recent discoveries in the therapeutical action of electricity have, however, robbed it of half its terrors. Paralysis, like neuralgia, is really not itself a disease, but only a symptom indicative of some more or less serious disturbance in the conducting power of the nerves. In lead poisoning, the paralysis is produced by the conducting or generative power of the nervous matter being weakened by the poison; so also in the poisoning induced by mercury or calomel. Notwithstanding the pathology of this disease is generally understood by all experienced practitioners, only those who have deeply investigated the science of electricity in its application to diseases of the human system, are at all successful in curing it. Many invalids, suffering from paralysis, lose faith in the curative effects of electricity from a misapplication of the element.

Its application cannot be made by any special rule, but the

time and direction of the currents must be varied according to the different cases ; many cases will also require medication at the same time : with a proper understanding of appropriate remedies nearly every case of paralysis may be cured.

While speaking of the beneficial effects of electricity in this disease, we would remark that it is equally serviceable in the other forms of chronic nervous affections, as chorea, epilepsy, etc., its action seeming to be especially upon the nerves. Its curative action, however, depends mainly upon the degree of intelligence with which it is employed. To insure its successful employment, it is necessary to thoroughly understand the different currents, the effects of running these currents in various directions, and to be perfectly familiar with the location and course of all important nerves of the body, etc.

In this special department of study—

#### THE APPLICATION OF ELECTRICITY TO THE CURE OF DISEASE—

the writer has devoted much of his time and money, and spared no pains, to make this agent administer to the needs of suffering humanity, with a scientific certainty that rarely disappoints him. It is an agent that is governed by immutable laws, and these laws must be thoroughly understood ; for the same system of attraction and repulsion that holds the world in its position and causes its revolutions, is the law which governs its application to disease. We know that the reputation of electricity has suffered by the bungling operations performed by inexperienced hands, and the various makers of electrical machines, who sell them for family use with a circular containing “unerring directions” for their use. As a rule, those who have used them thus have found them worse than useless, doing with them more harm than good. Even the family physician, having some case which he thinks electricity will benefit, says, “Let the patient be electrified ;” buys a battery and uses it on him, without any instruction or direction in regard to its use. The result is he “shocks” the patient more often into a worse than into a better condition. The truth is, a magnetic machine in the hands of the unexperienced is calculated to do as much harm as the surgeon’s operating case would ; and there is just as much sense in telling a patient to get a battery and use it as there would be

in telling him that his diseased leg needs amputating, giving him the knife and bidding him cut it off.

We know that in a large number of cases, physicians of high reputation even, cannot distinguish between the positive and negative poles of a battery, and much less explain the difference in the various currents and the one that is applicable to any particular form of disease. The reason is very simple. It has formed no part of their medical education, and they have not had the time to pursue it afterward. Such physicians, making haphazard application of electricity, will be in ecstasies over its beneficial effects in one case, and startled with its utter inefficiency in another, and, after a few trials, throw its use aside, saying it is a very *uncertain agent*. The fact is that he who undertakes to know when and where and in what manner electricity will prove curative, so that he can tell in any given case before using it whether it will be beneficial or not, must be a hard student and a hard worker; but, unfortunately for the sick, some of our fashionable doctors are neither. Our "Electrical Room" contains the latest improvements in electrical instruments, for the direct application of this agent to all the various parts of the body, such as the eye, ear, throat, and internal organs, with the best galvanic and magnetic batteries that are made in this country or Europe.

#### CHOREA, OR ST. VITUS' DANCE,

is another common affection of the nervous system that mostly occurs among children, or before adult life, and is characterized by a singular mixture of convulsive movements, partial paralysis, and tremor of the limbs, which produce the most whimsical and varied contortions, and which occur without pain. It occurs more frequently among girls than boys, and generally makes its appearance from the fifth to the sixteenth year; if the disease is not checked it may continue for many years. Among some of the common causes are grief, terror, fright, and other strong impressions of the mind. Rheumatism frequently is the cause of St. Vitus' dance. It is a disease that is often very troublesome to treat, and we have gained our greatest success in this by our peculiar mode of electrical treatment and strict attention to diet.

## EPILEPSY

is a disease often arising from the same causes that produce chorea, yet is associated with different symptoms. It is commonly called falling sickness, because by recurring attacks of a sudden deprivation of the senses the patient may fall at any time or in any place. This disease may commence at any period of life, but more frequently in children, unless the patient has suffered some injury to the spinal cord, which may induce epileptiform convulsions at any period of life ; but of a large number of cases treated by the author, masturbation has been the most frequent exciting cause. Here again, we have to make use of the knowledge given us by the most recent researches into the physiology of the nervous system ; and the influence that electricity and medicines specially exert upon this part of the organization.

There are many other diseases of the nervous system too numerous to receive any notice in a work like this ; as softening of the brain, irritation and inflammation of the spinal cord, various forms of headache, vertigo, apoplexy, etc., but as a rule their treatment requires all the skill that the educated physician can exert to successfully overcome them, and any remarks in a treatise of this kind would be worse than useless.

## CHAPTER VI.

## CHRONIC DISEASES OF THE CIRCULATORY SYSTEM.

ALTHOUGH there has been much laborious and patient investigation in studying this class of chronic maladies, there yet remains much to be learned. Diseases of the heart, of an acute nature, can be located and determined with a considerable degree of certainty ; but chronic affections of this organ are far more difficult to diagnose and treat with success. Diseases of the heart may be complicated with, or the result of, diseases of other adjacent parts, as the lungs or pleura ; or morbid conditions of parts very remote, as the brain, or kidneys ; and in making our examination of patients suffering from affections of

the heart, we must continually keep this fact before our minds.

Among the principal symptoms observed in functional or organic affections of the heart, are the following : Slight difficulty of breathing, increased by exercise ; more or less pain in the region of the heart ; suffocating weight ; a short, dry cough, and often spitting of blood on the least exercise ; breathing by starts ; great anxiety ; palpitation ; irregular and intermittent pulse, frequent and bounding, and sometimes unequal in the two wrists ; enlargement of the chest immediately over the heart ; slight exertions and sometimes even the least excitement producing palpitations ; timidity ; apprehensions of evil or of dying ; fainting ; diminution of strength ; chills ; rheumatic affections ; cardiac epilepsy ; heart beats tumultuously and indistinctly ; irritable temper ; purple lips ; bleeding from the nose ; sometimes the heart acts so powerfully that the whole system can be seen to shake ; swellings of the lower extremities ; occasionally a puffy swelling appears suddenly on the face, particularly under the eyes, and after a day or two as suddenly disappears, a distress which the patient cannot locate in any particular spot ; sometimes the patient cannot lie down from the palpitation and suffocative breathing ; dropsy of the lower extremities ; partial impotency ; derangement of the urinary discharge, both in quantity and quality ; oppression and constriction in the region of the heart ; angina pectoris, or pain and constriction in the left side of the chest, with a peculiar numbness and more or less pain in the left arm, particularly on the inside as low as the elbow ; the countenance presents a peculiar and haggard appearance.

#### HEART DISEASE, ETC.

We do not claim to have made any important discoveries in regard to the various affections of this organ, or to be in possession of remedies known only to ourselves ; but by making careful examinations and using, intelligently, remedies that we know exert a special influence upon these diseases, and removing the various complications that are almost always present, we have invariably been able to relieve, satisfactorily, all cases which have come under our treatment.



We have given the principal symptoms in the most common diseases of the heart, but shall not attempt to speak separately and specially upon these different affections, viz.: hypertrophy dilatation, fatty degeneration, etc.; our space is too limited.

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## CHAPTER VII.

### CONSTITUTIONAL DISEASES.

Under this head we shall speak of some of those diseases that, although manifesting themselves in some particular part of the body, yet are due to some morbid condition of the blood, or some peculiar taint or virus in, or other depraved conditions of, the fluids of the body. Foremost among these affections is scrofula, or king's evil. It is a form of tubercular disease that is very common, and consists of an enlargement of the lymphatic glands. These glands enlarge, inflame, and give rise to a discharge of a white, curdy matter, and the ulcer resulting therefrom is exceedingly troublesome to heal. Tubercular disease is a morbid condition resulting from malnutrition of certain tissues, in which there is a local deposition of an abnormal substance, forming what is called tubercle. It usually occurs at certain points, or within certain organs, which, from exposure, hereditary influences or other causes, have had their vitality diminished. It manifests itself in many parts of the system, and is named, according to the part attacked, as scrofula, white swelling, hip disease, rickets, lepra, etc; and it is safe to say that probably one-fifth of the human family is afflicted with some form of this disease, of which number about one-half die in infancy and childhood, and but a small proportion of the remainder reach adult life; even in those who are free from it, it may be produced by the follies and vices of our age.

One of the most common causes is given in the opening chapter on Physiological Marriage, but of course many others might be named, such as artificial suckling, improper food, a free use of vegetable diet with little or no animal food, excessive use of pork or fat meat, impure atmosphere, want of exercise, uncleanness, and too early use of the sexual organs; and we might

mention that children of a father or mother far advanced in years are predisposed to scrofula, which will be developed at an early period, and often with little exciting cause. Syphilis is an undoubted cause, as also premature marriage, especially if the sexual organs have been abused in any way before marriage. The symptoms of scrofula are too well known to need any repetition. It has been described as the hydra-headed monster of disease, and its treatment requires steady perseverance. Strict attention must be given to diet, air, exercise, and bathing; and the reader is referred to our chapter on hygienic rules besides which patients require careful alterative treatment with medicines which have a direct influence upon the blood, and in all cases where a child is supposed to be suffering from scrofula, early attention is advisable; for in all diseases of an hereditary nature the effects may be greatly modified, and even controlled, the peculiar tendency being rendered inert by a steady perseverance in judicious treatment.

### RHEUMATISM.

Chronic rheumatism may be the result of an acute attack, or it may manifest itself as a primary disease. When it occurs after an acute attack it is generally connected with heart disease, and the joints are usually swelled. This disease is much more frequent among males than females, even in the proportion of ten to one. Generally chronic rheumatism is a tedious disease to cure, but there is a cause for this, and it lies with the patient himself. It is this; that during the absence of actual pain and suffering treatment is entirely neglected. The mere absence of pain during pleasant weather, or other favorable circumstances, is no proof that the disease is cured, as patients generally discover, who neglect their treatment during the interval of freedom from pain. If the disease is properly attended to it is as readily cured as most other maladies. The causes of rheumatism are various. In some the exposure to damp and wet, cold and heat, or sudden changes of any such nature will occasion the disease; in others the daily and continued use of intoxicating drinks, keeping up a continued irritable and excited state of the system, acts as a predisposing cause; in others, again, the use of acids and indigestible food, and derangements

of the liver and kidneys are followed by attacks of this disease, and there is no doubt but that it is essentially a disease of the blood. It may be the result of an excess of acid or alkaline constituents, but whatever the blood poison may be its effects, more or less derangements and morbid changes in the fibrous and serous tissues of the system. There are several forms of rheumatism, known as *lumbago*, when the back is affected; *muscular rheumatism*, when the pain is principally in the fleshy and muscular parts of the body; *torticollis*, when it affects the neck, causing stiff neck; when the muscles of the chest are affected it is called *intercostal rheumatism*; when the joints are the seat of the trouble it is called *articular*; *pereosteal rheumatism* is when the *pereosteum* or covering of the bone is the seat of trouble; there is still another very curious form called *gonorrhœal rheumatism*, the precise nature of which is not clearly understood: it is always connected with the urethral discharge of the same name. What is known as *gout*, is only a form of rheumatism.

Great care is necessary in the diagnosis of rheumatism to distinguish it from other diseases that are accompanied with pain of the same character. The great difficulty in the cure of this disease is, as we said, that the patient instead of pursuing a curative course of treatment, directs his attention solely to the removal of one of its symptoms only, which is pain; and when this is removed all further medication is suspended until a second attack of pain occurs; again, this is the only symptom attended to, and this course is pursued, perhaps, for years, during which time the actual disease is progressing, and the tissues around the joints and parts affected undergo such changes as render cures impossible. Rheumatism is as curable a disease as any other, but it needs treatment directed to the disease itself, and not simply to the relief of the accompanying pain. Our treatment consists in paying strict attention to diet, and to the use of the spirit vapor bath, which is spoken of in our chapter on hygiene, watching carefully any disturbance of the digestive apparatus, or morbid condition of the kidneys, liver, or other organs, any nervous weakness, *anæmia*, or torpidity of the cutaneous functions. Indeed, in the treatment of chronic rheumatism the skillful physician will watch with care and treat

with intelligence, any deviation from a normal action of any of the functions of the body. In our own practice, we have had but very little trouble in the treatment of this disease, by combining the above means with carefully selected remedies, and administering them according to the peculiar indications of each individual case, together with the judicious use of electricity.

### CONSTITUTIONAL SYPHILIS.

Primary syphilis and diseases of that nature we have devoted a separate chapter to at the end of this book, under the title of specialties, but the disease called constitutional syphilis, being a disease differing somewhat from the primary one of the same name, we devote a little space to it here. The term constitutional syphilis means simply this: that the primary disease, being very severe, or having been improperly treated by mercurials, or continuing a considerable time without any proper treatment, has become a constitutional disease, permeating the entire system. In the large number of cases of the primary disease treated by the author, none have been followed by any constitutional symptoms, and there is no reason why the primary disease cannot be wholly eradicated without leaving any after-trouble if it is treated carefully and skillfully *without the use of mercurials*.

The symptoms of constitutional syphilis vary very much, probably on account of the difference in the constitutions, the medicines employed in the treatment of the primary disease, and the difference in the peculiar parts attacked. The disease may effect the brain and its meninges, the œsophagus, the bronchial tubes, the lungs, liver, kidneys, testes, or other organs. Patients having suffered from the primary disease, and having any suspicion of having the constitutional disease, should never marry until they are sure that the disease is thoroughly eradicated from the system, as it may be conveyed to the mother or child, thus causing further trouble by imparting to the child an hereditary tendency to many annoying diseases; for a child conceived under such circumstances can inherit only the feeblest ability to ward off disease.

The treatment consists, first, of a careful examination of

parts affected, the length of time it has troubled the patient, and then instituting such measures as will eradicate the poison from the system. The spirit vapor bath, before spoken of, together with internal remedies, which will break down and remove old worn-out tissues, improve nutrition, and influence generally the powers of waste and repair, are the means that must be employed to remove this trouble ; but if any particular organ or parts are affected, then the patient is advised to consult those whose experience enables them to treat these cases according to individual indications which are present.

### DROPSY.

Dropsy, or hydrops, is a morbid accumulation of water or serum in the cellular tissues, or in the natural cavities of the body, and it prevents the functions of the organs in that immediate vicinity. It is generally the result of other diseases in some of the important organs of the body, as of the heart, liver, kidneys, spleen, etc., although it may result from general weakness, and a depressed condition of the blood. It is dangerous according to the nature and extent of the disease of which the dropsy is a symptom. The treatment, of course, depends upon the removal of the diseases which cause it, for unless they are removed the dropsy cannot be cured. At the same time, general attention must be given to hygiene, diet, etc.; especially paying strict attention to the functions of the skin, using the hot air bath for the promotion of this end ; and also to keeping all the excretory organs open.

### CANCERS,

tumors, old ulcers, sores, and various swellings of that nature, might be spoken of here under the head of constitutional diseases ; but being very often situated on or near vital organs, they need the attention and treatment of the skillful physician, who is accustomed to treating these old chronic maladies, and any remarks in regard to them would be of but little service to the general reader. Yet we might with justice to ourselves, call the attention of those suffering from these troubles, to our department for treating them by the aid of the chemical action of electricity, for recent discoveries of the actions of this agent



upon these various abnormal growths enable us to remove them without the aid of the knife or very serious pain or inconvenience to the patient.

### CHRONIC DISEASES OF THE THROAT, LUNGS, AND AIR PASSAGES.

Diseases of the respiratory system include those of the nares, larynx, and trachea. They are very common in this country, and formerly were much more troublesome to cure than now, for the many methods which have been recently discovered for the minute examination of, and for correctly diagnosing these diseases, and enabling the practitioner to more directly inspect, and make applications to the tissues of the affected part, have rendered them much more amenable to treatment than they were in past years.

OZENA, or rhonorrhea, is a greater or less discharge from one or both nostrils, of puriform or bloody character and generally of an exceedingly offensive nature. It is generally the symptoms of a disease in some part of the nasal cavity, as a chronic ulceration of the lining mucous membranes in the deep recesses of the nose. Sometimes it exists without much discharge. The most common origin of ozena is a neglected catarrhal influenza in patients of a scrofulous habit, and when once established the bone may participate in the diseased condition. The symptoms, in addition to the fetid odor, which is sufficiently repulsive to keep the best of friends at a distance from the patient, vary somewhat according to the location and character of the disease. When limited to the nostrils, or parts in their immediate vicinity, uneasy sensations are experienced: an increased stuffing up of the nose; a fetid, yellowish discharge; and at times a greater or less quantity of clot or fleshy matter is passed; frequently a dull aching is complained of; and occasionally acute pain, especially just previous to the accumulation of the matters above named, and in some instances there will be more or less bleeding at the nose. If the frontal sinus is affected there will be more or less pain just over the eyes and between them. In either case, there will be a nauseous taste in the mouth, and frequently the sense of smell is lost. As has been remarked, instances will sometimes be met with in which the

only symptom that can be observed is the fetor. The disease usually progresses slowly, without producing acute pain, unless it be of a cancerous origin. The *rhinoscope* should always be used, which will enable us to discover, in many instances, the seat, extent, and nature of the local difficulty.

The treatment must be both constitutional and local, and varies according to the nature of the disease upon which the ozena depends. If it has a scrofulous, syphilitic, or cancerous origin, of course these conditions must be removed, and our treatment directed to this particular condition of the patient. In regard to local applications, the reader is directed to our particular system of the use of inhalations, and the douche mentioned on one of the pages of this work, and to the articles of hygiene. As a rule, ozena is not one of those simple diseases which will yield easily, but needs careful examination and treatment, especially as it is generally dependent upon other diseases.

#### CHRONIC CATARRH,

is another form of disease of the nasal cavity, and sometimes is very obstinate, but usually if taken in season is speedily cured; if neglected, however, it may continue for years, affecting the trachea, bronchi, and even the eyes; occasioning more or less drowsiness, cough, hawking, and spitting up of mucous; great emaciation; and may terminate in consumption, and ulcer of the nasal fossæ. The treatment is a modified form of the one pursued in the preceding disease.

The nose is subject to other affections, such as hard and soft polypi, malignant or cancerous polypus, calcareous concretions, and various malformations, which need only a passing notice here.

#### FOLLICULAR PHARYNGO LARYNGITIS,

or clergyman's sore throat, has many names; the latter one mentioned here is the most common. The disease consists of a chronic inflammation of the mucous follicles of the pharynx, extending into the larynx, and sometimes into the trachea and oesophagus, and is frequently associated with a similar condition of the mucous membrane of the pharyngo-nasal cavity and a moist chronic bronchitis. It is more frequently met with among males than females, in the proportion of seventeen

to five, and is usually manifested between the ages of fifteen and thirty; though, when once manifested, it may, and generally does, continue for years, unless removed by treatment. One very common cause of the disease is exposure to sudden changes of temperature, giving rise to frequent colds in the head, or catarrhal affections of the throat and air passages. It is very often due to sexual excesses; sometimes to digestive derangements, to influenza, and over-exercise of the vocal organs in speaking or singing. Excessive smoking of tobacco is a frequent cause, and, with some persons, very moderate smoking will give rise to it if persisted in. In the early period of the disease, little red spots appear disseminated over the reddened mucous membrane, and as the disease insidiously and slowly advances, the spots gradually increase in size, assume a glistening red color, and are frequently covered over with a thick adhesive mucus. After a time these spots ulcerate, and secrete a mucopurulent fluid, or become the seat of tubercular deposit; and when the ulceration is extensive the sub-mucous tissue becomes involved, and if the disease progress without treatment it will produce serious lesions, such as

### CHRONIC LARYNGITIS.

which is apt to involve the lungs, by sympathetic irritation and extension, especially among weak and scrofulous persons. The symptoms of this disease progress very insidiously, and the development is so gradual that frequently the disease has advanced to a serious extent before the patient bestows any particular attention upon it, or manifests any anxiety in regard to its treatment, and not unfrequently it is deferred until after

ULCERATION AND DESTRUCTION OF THE CARTILAGE OF THE WINDPIPE has commenced, owing to the gradual extent in depth of the ulcerating surfaces. All these conditions need the most careful examination and treatment by the aid of the laryngoscope; and, by proper attention to hygienic rules, with skillful medication, nearly all cases can be cured if seen before too great progress has been made by the disease.

### APHONIA,

or loss of voice, is a disease, although not very common, yet it

frequently occurs, and by the ordinary medical treatment, is very intractable. Of course the length of time necessary for a patient to be under treatment for this affection depends upon its causes; but our system of electrical therapeutics, and the various appliances we have at our command for making direct applications to the affected vocal cords, render the disease much more amenable to treatment in our hands than it would be were we deprived of these means.

### CHRONIC BRONCHITIS

is one of the most common diseases met with in this country. It may occur as the result of a badly treated or neglected acute bronchitis as well as laryngitis or trachitis; it also frequently follows whooping cough, diphtheria, measles, etc., and sometimes is associated with disease of the heart or lungs. It frequently troubles those who are exposed to the action of irritating powders, such as stone-cutters, millers, workers in metals, etc., but its most common cause is cold; especially when the weather is changeable and damp does it manifest itself: therefore it is often called *winter cough*. The symptoms, of course, vary according to the duration and extent of the disease. In its mild form, it may trouble a person for a lifetime without giving them very much annoyance, from the fact that it only bothers them in bad weather, and in pleasant weather leaves them entirely free from any unpleasant symptoms. More frequently, however, it is of an aggravated character; the cough is troublesome, especially so at night, with expectoration of a viscid mucus, which is apt to be streaked with blood, and, as the disease advances, becomes very profuse and offensive. The treatment of this disease must be regulated by circumstances. A very important thing is, to first ascertain whether the lungs, heart, or any other organs, are implicated. In simple bronchitis, the use of inhalations, the application of stimulating liniments to the chest and back, and careful attention to hygienic measures, will usually prove sufficient to give relief.

### TUBERCULAR CONSUMPTION

is one of the most distressing and fatal maladies to which the human family is subject, chiefly selecting the young and fair of either sex as its victims.

It is most common in certain northern climes, probably owing to the changes constantly occurring there ; yet the disease is frequently met with in warmer climes. It is not generally considered a contagious disease, but the observations of those who have most carefully investigated this subject, show that it is far better and safer not to expose one's self, as to be too closely innated with those who are affected with it. Our own idea is, that not only is consumption more or less contagious, but so is also catarrh and most affections of that nature. By this we do not mean to say that they are infectious, like small-pox or scarlet-fever, or that a person can take the disease upon so slight an exposure, as in the case of the last-named diseases ; but when a person is continually sleeping with a patient suffering from these troubles, and breathing the same atmosphere that is continually passing through and through the diseased lungs and air-passages of the afflicted person, it seems common sense to suppose they must become impregnated with the poisonous matter ; and if asked, we should say that one of the most common causes of the spread of these diseases is the careless manner in which persons suffering from them, hawk and spit upon the floor of workshops and places of that character. This substance becomes dry, is trodden upon and ground into a fine dust, and when the rooms are swept this mass of disease is inhaled into the nostrils and lungs of scores, and perhaps hundreds, of people.

Experiments have been made, and it proved beyond a doubt that a person may be inoculated with this matter, and the disease developed in the same manner, that we can use the cow-pox virus to produce a milder form of variola upon ourselves.

Females seem to be more liable to consumption than males, but this is probably owing to the excessive number of the female population in the civilized world. It may prove fatal in three months, usually six, but it often continues for a much longer period. The first stage may present such unimportant symptoms that they escape the notice of both the medical man and the patient ; but there may be a feeble condition of the system, a gradual decline of nervous and muscular energies, a sense of languor, debility, or shortness of breath, and loss of flesh. Cough is a very early symptom ; it may be slight, dry, and hacking at first, perhaps induced by a tickling sensation in the throat,



gradually becoming more frequent and distressing, and attended with expectoration. Pain is at first slight and transient ; sometimes it is constant, frequently located at the shoulder joint, accompanied with tenderness upon the shoulder blade ; often pain in the chest ; usually there is coldness of the extremities, and a livid or dark appearance of the lips and roots of the finger-nails ; with females, there is generally derangement of the periodical sickness. In an advanced stage, these symptoms increase: the breathing becomes more difficult ; the cough more distressing ; the face flushed, especially after eating ; the palms of the hands and soles of the feet are affected with a burning heat ; the appetite variable and capricious ; the bowels irregular, and urine high colored, depositing a red sediment ; the tongue may be clean, or present a thin white coat along its centre or towards its root ; at night or near morning a sweat. These symptoms will vary in different persons according to the progress of the disease and other modifying circumstances that may be present.

The treatment of tubercular consumption, is both hygienic and medical, both of which demand a great deal of care and attention, and are almost equally important ; and while we would lay great stress upon the importance of hygienic measures, and would not undertake the treatment of a case without the faithful co-operation of the patient, and a willingness on his part to follow all directions given him on this subject ; we would also impress upon the patient the importance of medical treatment. There is, however, one absurdity we would guard a person against, that is, drenching his or her stomach with nauseating cough mixtures so as to interfere with its normal action and create a disgust toward all remedial agents. In regard to hygienic measures for a patient in whom the disease is well advanced, we would say : first remove the person from any unfavorable condition, such as from a foul, heated, or damp atmosphere ; from exposure to cold ; from sedentary occupations ; the use of tobacco in any form ; from abuse of alcoholic drinks ; and masturbation or sexual contact must be positively forbidden ; all sources of anxiety and mental excitement must be removed as much as possible, allowing only pleasant and agreeable mental activity. All food should be prepared so as to please the patient, for the plan of trying to cure consumption by low and depressing measures has been productive of much harm, be-

cause the lack of nutrition is destructive of vital action, as much so as the disease itself. What we want is to enrich the blood and sustain the body with good nourishing food. Nitrogenous food is the one most required, such as the lean of good beef. Pork is the worst possible meat, beef is the best. As drinks, water, milk and water, cocoa or chocolate, and tea or coffee, may be used. The milk used should be new and good, taken from a well-fed cow, and drank warm if possible. If the stomach will bear fats, some suet may be chopped up fine and boiled with milk. If tea or coffee is used, half of it should be milk. Should the stomach be acid, lime-water may be added to the milk taken. When there is great depression of the heart's action, a small quantity of stimulant may be used with advantage, but it must not be used in quantities sufficient to excite the brain. Ale, porter, wine—what is better, good French brandy—but when improvement is going on it is better to do without them. Tender mutton, poultry, game, rare boiled eggs, oysters, salad oil, good sweet butter, cheese, etc., may be freely used, also plain rice pudding, wheat bread, ripe fruits, ice cream, and custards. In regard to the use of cod liver and other oils, they are useful with some persons, but the majority cannot take them into the stomach. To this class of patients we would say, if you cannot take them internally, rub them thoroughly into the skin, which proceeding will often prove as beneficial as taking them into the stomach, and not nearly so unpleasant. Exercise in the open air is another important measure; and if the patient is able to be about, he is better to be employed in some light business, which will require him to travel without causing mental anxiety or exertion. Of course he must not expose himself in unsuitable weather, or in climates that are objectionable, yet, with even these disadvantages the change of air and scenery is generally beneficial. Short sea voyages are good, but in the early stages of the disease only. Long sea voyages are objectionable, on account of the too keen air, and the inability to have proper diet, etc. Calisthenic exercises are beneficial, one of the greatest objects being to expand the chest and give greater capacity for the action of the lungs; a consumptive patient sitting doubled up will experience various unpleasant symptoms from the diaphragm being pressed upward by the stomach, thus diminishing the space occupied by

the lungs. The sleeping-chamber of the patient should be well aired, but not too cold. The patient should be directed to take deep inspirations, fully expanding the lungs, and then let the air out again gradually, repeating the process until it becomes tiring. Make frequent use of the general bath, using warm alkaline water, with considerable friction when drying. In regard to medical treatment, of course any advice would be out of place, as the symptoms need such careful examination, and all complications skillfully removing.

### ASTHMA,

chronic pleuritis, chronic pneumonia, gangrene, and cancer of the lungs, are all diseases which we are more or less called upon to treat, but they usually require personal attention, and any remarks here would be useless.



## CHAPTER VIII.

### CHRONIC DISEASES OF THE DIGESTIVE SYSTEM.

UNDER this heading we must include chronic affections of the mouth, stomach, intestines, liver, spleen, etc. Of the mouth, simple ulceration, strumous ulceration, syphilitic and gangrenous ulcerations, are mostly diseases of children, and usually pass away, yet sometimes they become associated with derangements of the digestive system, and need medical treatment. Cancer and usuralgia of the tongue and diseases which we are often consulted about. They are the result of causes which have to be sought out and removed before relief is obtained. Elongation of the uvula or palate, and hypertrophy of the tonsils, arise usually from repeated catarrhal or other inflammatory attacks. In children, they may follow scarletina, cold, scrofula, etc. They are only serious when they interfere with speaking, hearing or breathing. It is a great error to suppose that they can only be cured by surgical means, as in mostly all cases they are amenable to medical treatment.

## CHRONIC GASTRITIS

is a chronic inflammation of the stomach. The disease is often confounded with dyspepsia, and when this occurs, if the usual treatment for the latter is pursued, much injury is done ; yet gastritis is often accompanied by indigestion as a symptom. Gastric ulcer, in its earliest stages, is sometimes difficult to distinguish from gastritis. Simple dyspepsia is associated with many of the same symptoms as the foregoing disease. These symptoms are various, yet it is seldom that any two patients experience exactly the same pains. Those most commonly mentioned to us by patients are, a sense of fullness ; distension, or weight in the stomach ; a variable appetite ; despondency, or lowness of spirits ; morbid desire to eat, but the first mouthful satisfies ; loathing of food ; a fluttering or sinking sensation, flatulency and acidity : these, with pain and tenderness on pressure, constipation and high-colored urine, with headache ; yet in examination of patients laboring under these symptoms it is not safe to jump at a conclusion, for similar symptoms are present in nearly all gastric derangements. Great care is necessary in making these investigations. Again, between the stomach and the various organs of the body, there is an intimate relation, so that when one or more distant organs are affected it is not uncommon to witness impairment of the digestive powers ; thus in asthma, gout, kidney troubles, brain, heart and liver affections, symptoms of dyspepsia are often observed, and these can only be removed by a removal of the primary disease ; therefore dyspepsia is not, as a rule, so simple a disease to permanently cure as it is sometimes thought to be in the hands of the uninitiated. In its early stages, however, it can generally be removed by strict attention to the hygienic measures given in this book.

Chronic enteritis and peritonitis, are inflammations which involve the smaller intestines and their coverings, and give rise to various unpleasant symptoms often resembling those of dyspepsia, and sometimes causing a chronic diarrhœa or dysentery, more or less severe according to the severity or progress of the primary disease.

### HEMORRHOIDS, OR PILES,

are a very common affection among both sexes, and may be caused by anything which will irritate the large intestine, or produce a flow of blood to it, as well as anything that will interfere with the healthy return of normal quantity of blood in the vessels of the rectum ; such as an improper use of cathartic medicines, habitual constipation, and straining at stool, congestion or other disease of the liver, tight corsets, violent exercise, highly seasoned food, sedentary occupations, standing long in one position, and a frequent cause is sexual excess. When piles exist a long time they often cause fistula, fissure, prolapsus, and other ulcerations of the bowel, and great weakness of the bladder and its appendages. In women troubled with piles the uterus is nearly always affected, and treatment directed to the womb trouble rarely ever affords any relief until the piles are cured.

We are frequently consulted by patients who have been the round of all the physicians within their reach for the treatment of some imaginary womb trouble, or difficulty with the bladder, etc., when the real cause of their trouble was old, long-standing piles. When spoken to in regard to them, they will say, "Oh, yes, I have piles, but I have always been told that they could not be cured." Now every case of hemorrhoids admit of a cure, and a permanent one too, if the patient will but attend a little to him or herself after their treatment. Piles of fifteen years standing have yielded readily to our mode of treatment, and generally without any use of the knife.

### CHRONIC HEPATITIS

is a chronic inflammation of the liver. This organ has been the subject of much study for centuries past, notwithstanding which, its anatomy, functions and structure, are still but imperfectly understood. The lungs, the liver, the kidneys, and the skin, are the principal means by which the body rids itself of its impurities ; but the liver appears to be an organ fulfilling other purposes. It seems to exert an influence in purifying the



blood, in producing animal heat, and aiding the process of nutrition. Owing to its functions being so imperfectly understood, this is a very much abused organ, for both physicians and patients attribute to it many things of which it is entirely innocent. If patients have a multiplicity of symptoms that cannot be otherwise accounted for, the easiest way to settle the matter without much trouble is to say, "Oh, the liver is out of order."

Chronic enlargement, waxy liver, abscess of the liver, etc., are affections that, when they do really exist, are easily diagnosed, and their treatment should be positive and skillful, and not trusted to the irritative action of the various liver pills that are advertised on the pages of the various almanacs and similar pamphlets.

## CHRONIC DISEASES OF THE KIDNEYS

are very common in our variable climate. When we consider that the insensible perspiration which passes by the skin in a day amounts to about the same quantity of fluid as is passed by the kidneys during the same time, it is easy to see how a sudden cold applied to the feet, or surface of the body, is quite sufficient to cause many derangements of the kidneys, by throwing all the extra amount of labor upon these organs, *i. e.*, the duty of excreting all of this surplus fluid from the body. Many an attack of Bright's disease, diabetes, and other diseases, have commenced just in this simple manner.

We had hoped, when beginning this little work, to have had space to have spoken at length upon kidney affections, and many other diseases of equal importance, because of their prevalence and the insidious manner of their approach, but we regret that we must leave a more extended and careful consideration of them to some future work, only giving them a passing notice here. If space will permit, however, we shall refer to some of them again in our chapter on the sexual system.

## CHAPTER IX.

## SPECIALTIES.

UNDER this heading we shall consider very briefly indeed some diseases of the reproductive system. When we consider that ninety-nine out of every hundred men at the age of thirty-five—when a man should be in his prime and full of manly vigor—is physically impotent, diseases of these organs should not be considered too indelicate a subject to write or converse about in their proper place, for it scarcely pays men and women to be more modest than God was when he made us male and female. We often hear from the lips of others that those who are suffering from these diseases, brought on by their own imprudence, should be let alone to suffer, that they deserve all they get, etc.; but there is no reason why persons suffering from these troubles, even when they are of the worst nature, and come from the worst possible cause, should not receive all the aid from the most skillful physician that science has given him for his guidance, for scarcely any other disease so affects the general health, both mentally and physically, as diseases of the genital organs, either in male or female. We would have it understood that all consultations, whether personal or by letter, upon these subjects, will receive our most careful consideration, combined with the strictest professional confidence.

We have said that ninety-nine cases out of every hundred men were impotent, and we think if the truth could be correctly ascertained, our statement would be found to be about correct. Men suffer these things silently, either from a desire to secrete their condition from others, or from a lack of confidence in the ability of the profession to help them. Now, if a man is not possessed of those manly qualities he should be at the age when he should be full of manly vigor, there must be a cause for this weakened condition, and it lies in the fact that the reproductive organs of both men and women, like their stomachs, are subject to ill-treatment and gross abuse. Even those who escape the vices of self-abuse and its various concomitant symptoms and results, and enter the marriage state comparatively healthy, soon

permanently injure themselves by the exercise of the pro-creative act so very frequently, under the impression that it will please their partner and prove their own manliness. But, if the truth is known, the wife is exhausting her own nervous force or vitality to administer to his gratification, while she is entirely ignorant of the great exertion he has to put forth, and the injury he is inflicting upon himself in thus persistently and frequently performing an act which should only be exhilarating and pleasurable.

Many young people's lives are dribbled away bit by bit, and no one to offer them warning or advice. No man violates a law of his nature but he pays a penalty for it, not hereafter, but *now*. It is not our intention to speak minutely of the various abuses of the sexual organs. Onanism, or self-abuse, is considered the most common of them all, because it is commenced in childhood as a rule, and as parents keep their children in ignorance of everything pertaining to these matters, it is only another instance of ignorance being the mother of crime; for self-abuse is one of the worst crimes a person can commit against himself.

It is said that good healthy semen is in proportion to the blood as one to forty, that is, one drop of healthy seminal fluid is equal to forty drops of blood. This being the case, it would seem unnecessary to say anything more about the baneful effects of self-abuse, for what thinking man but would be impressed with the enormous drain upon his system, if he had to lose an equality of nearly half a pint of blood?—and this occurs as frequently as he has an involuntary emission or immoderate sexual intercourse. Great experience, judgment, and care is necessary in the treatment of those diseases that are brought about by sexual exhaustion, which are generally of a nervous character and very insidious in their approach. A sense of debility, lassitude, and a general inability to nerve one's self to the performance of his daily duties, are about the only visible effects that are felt, until some well-defined disease of the nervous system, kidneys, etc., tell the person of something more serious.

### SYPHILIS.

We have a large number of facts from which we can assert with certainty, that the wildest licentiousness has prevailed since the earliest ages. Indeed, this seems to be one of the greatest

tendencies of the human race. The waters of the deluge were not sufficient to wash it away, and it seems almost useless to try and find the etymology of the word that heads this article, or even to discover the origin of the disease itself. It is generally admitted that to prostitution must be traced the origin of all infectious diseases of the genital organs. If this is the case, we must go back, yea, far beyond the days of Sodom, for it was in those times that prostitution was practiced in its most repulsive forms, and it is safe to say, that if we want to trace the history of syphilis, we must commence at these times. It, like scrofula, has poisoned the blood of generations from time immemorial, and the one keeps alive, and perpetuates the other. It would be very interesting to trace the history of this disease from the flood to the present time, but space will not permit here. It is, however, the author's intention at some future time to collect and present in pamphlet form a complete and interesting history of syphilis. It will be sufficient just to say here, that it is usually manifested a few days after an impure connection, in the form of a small pustule, which opens in a few days, forming an ulcer of larger or smaller dimensions, generally situated upon the lining membrane of the prepuce, in the glans penis, or the body of the penis; but previous to anything being seen, there is generally an itching and slight burning sensation in the spot where the infection has taken place. And when these sensations are experienced, no time should be lost in obtaining the advice and treatment of a physician in whom one can place confidence; for the disease is generally very easily managed if taken in time, but a very intractable one if allowed to have its own course, eating away and destroying the tissues of the body in the most terrible manner.

### GONORRHOEA

is another common form of infection met with in our large cities, and should have, as a rule, more careful treatment than it usually receives. It is an inflammation of the mucous membrane of the Urethra, and is often accompanied with great pain and a discharge of muco-purulent Pus, especially after passing water. The disease is often due to uncleanness, and indeed most of these diseases of infection might be avoided if proper

attention was given to the bath after intercourse, no matter with whom it may be.

Treatment should commence early, but not with the usual harsh injections, for in the majority of cases of stricture of the urethra, painful chordee, inflammation of the testes, and impotence, are traceable to the improper use of harsh injections.

There are many other diseases of the generative organs, such as varicocele, hydrocele, impotence, various diseases of the prostate gland, enlargement of the testicles, and various other morbid conditions of the parts, that all need the most skillful treatment that can be obtained; therefore any information in regard to them here would be comparatively useless. There are many devices practiced by married people

#### TO AVOID HAVING CHILDREN,

which produce numerous ills and nervous disorders, which might be spoken of here just as a word of warning to those who are practicing them without any knowledge of their injurious effects, the most common is impartial intercourse, or withdrawing at the time the emission takes place. Many a nervous wife and many a nervous husband will read here the cause of their troubles; and when we consider the prevalence of these vicious practices, it is no matter of surprise that we are consulted almost daily in regard to some peculiar nervous troubles, that there does not seem to be any positive cause for, yet the peculiarities of the diseases produced by these causes can rarely escape the attention of those physicians who have practiced largely in chronic diseases. The mere mention of a few of the most injurious practices of the conjugal bed, with their effects on the husband and wife, would take a larger work than this, but in some future edition they will receive that careful consideration that their importance demands.



## CHAPTER X.

## PERSONAL TO WOMEN.

IN works of this kind it is customary to devote special chapters to women, and the long train of diseases to which they are subject. While it is true that women are finer and more delicate in their organizations than men, yet we would do away with the idea that, everywhere and in everything, the two sexes must be separately considered. There is, in fact, less difference between the sexes than is generally supposed. Anatomists maintain that there is no part or organ in the one sex but has an analogous part or organ in the other, unlike only in position and in structure. Just as the right side resembles the left, so does man resemble woman.

The diseases of women differ from those of men, not in the disease itself, nor in the difference of location, but simply in the difference of the form and structure of the parts affected. The symptoms, causes, and treatment of these diseases in both sexes are essentially the same, thus proving the diseases to be analagous.

We shall, therefore, instead of writing a long essay on the causes, symptoms, and treatment of the special diseases of women, try rather to give a few common-sense ideas in regard to the care of their physical nature.

## THE SPHERE OF WOMAN.

It is not our design to write at length upon the most absorbing topic of the day, *i. e.*, the "Woman Question." Our province lies principally within the physical sphere of woman, but if asked for our opinion on this vexed question we should briefly say : The man is in some respects inferior to the woman ; the woman, in others, subordinate to man. The mental faculties of man and woman are unlike, but not unequal. The subordinate place which woman occupies in most states arises partly from the fact that the part which she plays in reproduction prevents her from devoting her whole time and energies to the acquisition of power, and partly from the fact that those facul-

ties in which she is superior to man have been obscured and oppressed by the animal vigor and selfishness of the male. As civilization advances the sexes will become absolutely equal before the law ; and we doubt not that in many respects the superiority of the woman will be cheerfully granted. But to return from our momentary digression, woman should especially labor to understand her own organization. When hundreds of women are daily losing their health, beauty, merriment, and even their morality, through ignorance of themselves, it behooves them to throw aside any spurious delicacy which would hide from them that which, beyond all else, they ought to know, and make an effort to become informed on these matters.

### PUBERTY.

At a certain period in the life of the female she ceases to be a girl, and becomes a woman. Hitherto she has felt no distinction between herself and the boys with whom she has associated. But now a crisis takes place, which is forever after to hedge her round with a mysterious, invisible, but real barrier, from all mankind. The arrival of this period is made manifest by a sanguineous discharge from the sexual organs, occurring periodically about every four weeks, which is called menstruation. It is one of the most interesting periods of a woman's life, and is attended with many physical and mental changes. The eyes brighten, the shrill voice of the child gives way to the softer one of the woman, and the entire form of the awkward, angular girl of fourteen assumes a symmetrical roundness, and new grace and elegance of carriage. In her mental character the gay, light-hearted girl loses her playfulness, and becomes reserved, sensitive, and full of sympathy ; a great fondness for children is displayed ; and we find in her a most perfect combination of modesty, devotion, patience, affection, and loveliness. The two years which change the girl to the woman, often seal forever the happiness or the hopeless misery of her whole life. They decide whether she is to become a healthy, helpful wife and mother, or a languid, complaining invalid, to whom marriage is a curse and children an affliction. At this critical period girls are apt to manifest abnormal symptoms, as chlorosis, or green-sickness, hysterics, palpitation of

the heart, etc., but these are usually the result of a neglected hygiene. It is then, if ever, that strict attention should be paid to diet, bathing, exercise, etc. Care must be taken that the food be varied and abundant. Especially is milk a valuable article of diet. At first the monthly flow of blood exhausts the system. Therefore, plenty of food, plenty of fresh air, and plenty of sleep, are required. Hard study, care, or anxiety, should be spared the girl. This is not the time for rigid discipline.

Before the age of puberty arrives, mothers and guardians should inform the girls under their charge in regard to this function of menstruation ; and they should let no false modesty prevent them from imparting this knowledge and enforcing the precautions necessary at this period of life. Did mothers but know the devices resorted to by frightened girls at the first appearances of the menstrual discharge, as they have been told to us in the course of our practice, they would indeed hasten to impart the much needed and important information.

Women who have consulted us for various troubles, have often bitterly reproached their mothers for neglecting to impart to them the knowledge, which, if obtained, would have prevented them from using all manner of means, even to the application of ice to the parts to suppress what they considered a dangerous hemorrhage, thus sowing the seeds of their present diseases. We reiterate our warning : mothers, teachers, you to whom the care of girls at this period of life is confined, do not neglect this most important of duties.

### THE AGE OF NUBILITY.

A girl may be capable of marriage and yet not fit for it. If she was in a perfectly normal condition she would be fit for marriage at the time when the functions of menstruation has become fully established ; but owing to the premature time at which this occurs in the present age, hastened as it is three or four or even more years, by the constant stimulation from infancy, produced by the use of tea and coffee, a strong meat diet, late hours of unhealthy excitement, and suppers at parties, and especially by the reading of love stories and trashy novels ; all of which act as a direct and continued stimulant to the nervous system and reproductive organs—I say, owing to this function

being so prematurely established, science has fixed the time at which it is safest and wisest to marry at a period considerably later than this. Before the age of twenty, in the majority of cases, the important physical modifications necessary before she bears children, are incomplete. Before this age her judgment, as well as her physical system, is undeveloped and unfitted for what she is undertaking. She selects a husband for his physical appearance and his pecuniary ability to gratify her wants, rather than because he possesses those qualities of mind and disposition which constituted the noble man, the true husband, and the tender father. Physically, she finds marriage a pain rather than a pleasure. Her nervous system becomes prostrated, and she is more liable to weaknesses, diseases of the uterus, and consumption. Children born to such a mother are apt to be feeble, sickly, and undersized, because of her lack of development; for until woman has attained her full stature and complete form, she is not qualified to perpetuate her species. These considerations are not imaginary but real, as many a woman finds out to her sorrow.

### RIGHT TIME TO MARRY.

When woman marries she enters upon a new and trying life, and should have every advantage in her favor. Extreme heat and extreme cold both wear upon the human system; therefore the preference of time of the marriage should be given to spring or fall. Let the wedding-day be appointed about equi-distant between her periodical illness, as nuptial relations consummated at that time are less liable to result in pregnancy. The customs of our country prescribe a journey immediately after marriage, of a week, month or two, or longer. This is decidedly unwise. At the time of marriage the young wife is fatigued and nervous from the unusual labor and excitement of the few preceding weeks. The new experience into which she is about to enter is trying beyond anything she has ever known; this of itself is sufficiently disturbing to her; and then to be, in addition, hurried hither and thither amid new scenes, partaking of an entire change of food and drink, and that at irregular hours, sleeping in unaired beds, etc., etc., is sufficient to produce an entire derangement of the bodily functions, from which she often does

not recover in months. Yet it is every way advisable that the young pair should escape the prying eyes of inquisitive friends and relations at such a time. Let them choose some quiet resort, not too long a journey from home, where they can pass a few weeks in acquiring that more intimate knowledge of each others' character, so essential to their future happiness.

Woman, being in general weaker than man, ought to guard herself more closely, for excesses will prove more fatal to her. The whiteness and softness of her complexion, and the beauty of her form, are due to the relaxation of her cellular tissues, which relaxation should impress upon her how much she has to fear from the influence of the seasons, variations of atmosphere, etc.

Nature, in imposing upon females the great and painful function of maternity, seems to have desired to free young women from the fatigue of abstract things, of severe studies, of serious occupations, which exercise the memory only at the expense of the judgment. Their school instructions should not commence until the eighth year, and should continue to twenty; then the education of teachers should cease, and that of the world commence. The violence with which school education makes nature submit is never but imperfectly recovered from. Few talented women embellish the days of their husbands and children.

We frequently hear from women, the remark,

"I HAVE NEVER BEEN WELL SINCE I WAS  
MARRIED,"

and especially is this the case among the better class. No doubt a great deal of the trouble from which these women suffer takes its origin from the "bridal tour." The most common affections are diseases of the womb, the vagina, and ovaries, and hemorrhoids, these leading in turn to all manner of nervous pains and aches, various derangements of the digestive system, headache, etc. There cannot exist a leucorrhea, constantly draining away the life of the patient; nor a misplacement of the womb, the displaced organ pressing upon the contiguous nerves and vessels; nor an ulceration, causing soreness, pain and irritation, without a resulting sympathetic disturbance,



more or less, of the entire system. This class of uterine diseases, such as painful or suppressed menstruation, falling of the womb, ulcerations, enlargement, leucorrhea, etc., more than any others, make the patients suffering from them despondent, irritable, and morose.

We shall say but a few words in regard to the treatment best to be pursued in these affections. There are thousands of women suffering from uterine complaints, who believe that there is no help for them. Physicians are too apt to depend entirely upon the use of caustics, or injections, or, in case of misplacements upon the barbarous system of treatment by the use of pessaries or supporters. We have found electricity to be of greater benefit in most uterine affections than anything else. Of course we do not depend upon this alone. These, however, are cases where electricity applied in an unscientific manner will do more harm than good. We have so arranged our electrical apparatus as to be able to adapt this agent to the treatment of female complaints, in a manner which avoids any unpleasantness to the patient, and we are enabled to give the most thorough application without the least indelicate exposure of the patient's person. Of course, nearly every case demands different treatment, and in most cases we find the need of other remedial agents; but those who consult us will be sure of receiving that form of treatment which will prove of the greatest benefit to the suffering one.

Just here we might say one word in regard to

#### FEMALE PHYSICIANS.

The community has been so long humbugged by self-styled "Female Doctors," who profess to be able to go to sleep and tell a person everything that is the matter with him or her without asking a question, that the public shrug its shoulders, and look with suspicion upon every woman who is a "doctor." But there is no reason whatever why a female physician who sustains herself by her qualifications and goes before the public with legal credentials and official certificate of her acquirements, should not meet with the cheering reception and support accorded the male practitioner. There are many of our female population who have an instinctive dread of patronizing a male practitioner,

the reason they give, being, "He will ask so many questions." We feel justified here in calling the attention of those who need the professional aid of a skillful, educated physician, to the fact that we have availed ourselves of the services of a well-known and popular lady physician, who will attend with pleasure to the wants of her sex in the direction of furnishing them medical advice, and saving them from the necessity of consulting the various "seventh daughters of the seventh son, born with a caul, etc.," whose pretensions to medical knowledge are generally discovered too late by the confiding patient to have been false.

All communications may be addressed to

H. EMILIE CADY, M.D.,  
427 FULTON ST., BROOKLYN, N. Y.

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A description of the **SPIRIT VAPOR BATH**, referred to in this book, should have been given under the heading of Hygiene, but by some oversight it was omitted, and so we place it here for the benefit of those who may wish a safe and pleasant "sweat."

The patient is to divest himself of all clothing, sit on a wooden-bottomed stool, and take two large blankets, and throw over him, one from before and one from behind. Secure them around the neck, leaving the head free. The blankets must reach down to the floor and cover each other at the sides, so as to retain all the vapor. Now take a tin plate or saucer, and put two table-spoonfuls of alcohol or whiskey, or any spirits that will burn, into it, and place it under the stool on which the patient is seated. By raising a portion of the blanket from behind and applying a piece of lighted paper set fire to the spirit, and then let down the part of the blanket that has been raised, and allow it to burn until it is consumed, watching it from time to time to see that nothing takes fire. As soon as perspiration takes place let the patient get up, and drawing the blankets around him or her, get right into bed, for the bed can be taken in the bath-room as well as anywhere. The patient need not then fear taking cold, but can attend to his duties next day as usual.

## QUESTIONS TO PATIENTS DESIRING TREATMENT BY CORRESPONDENCE.

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PATIENTS in answering questions will put down the figure before the answer, and then do not say you are not troubled with such a trouble, or you never had this thing or that thing, but simply say yes or no; except those questions which seem to apply to your own case especially, and then answer as fully as you possibly can.

1st. What is your age? color of hair and eyes? height? weight? Are you fleshy or lean?

2d. Is your skin soft and moist, or hard and dry? Is it yellow? or are there any brown or red spots, or pimples on it?

3d. Are your parents living; if not, of what did they or very near relatives die, and what age were they when they died? Are your parents alike in color of hair and eyes, and are their faces the same shape?

4th. Do you sleep well? Can you rest better on one side than on the other; if so, which side? Have you disagreeable, amorous or lascivious dreams?

5th. Did you ever have an accident that caused a severe pain, sickness or lameness? Have you salt rheum, erysipelas, ulcers, abscesses, cancers or tumors of any kind? Have you been doctored much; if so, by what class of practitioners, allopath or homœopath? Can you run without getting out of breath? Is your flesh hard, or soft and flabby?

6th. What are your habits? Are you regular to bed? Do you use stimulants; if so what? Are you fond of tea and coffee? Are you conscious of having injured yourself by any bad habit; if so, state fully what that habit is or was?

7th. Have you pains in the head; if so, what are their location? Do you think or know whether you have catarrh? Do you have to hawk and spit in the morning on rising, to clear the throat? Have you excessive mucous discharges from the nose or throat, with heaviness or pain over the eyes? How are the eyes? Name any trouble you have with them.

8th. Any trouble with the ears—roaring or ringing in them? Any discharges; if so, say what the trouble is.

9th. Is the tongue coated; if so, is it brown or white? Do you have unpleasant taste in the morning? Are there deep furrows on the tongue? Do the lines run lengthwise, or crosswise? Have you small red points on the tongue, or are the edges of the tongue red, or seem to be marked with the impression of the teeth? Any trouble with the mouth like canker, etc.? Have you bad breath?

10th. Any affection of the throat? Do you easily take sore throat? Have you hoarseness, or tickling, or a choking sensation? Have you a cough?

11th. Do you suspect lung trouble ; if so, why ? State the measure around the chest when you take in a full breath ; and also the measure when you exhaust the breath from your lungs. Have you pain, soreness or tenderness, sense of tightness, or weakness across the chest ? Do you raise, and does the matter raised sink or swim in water ? Is it streaked with blood ? Do your ankles or legs swell ? Do you have night sweats ?

12th. Have you palpitation of the heart ? pain or soreness about the heart ? any unusal or disagreeable feelings there ?

13th. Any trouble with the stomach ? burning or pain there, soreness, feeling of emptiness, sourness, or wind, trembling or nausea ? If none of these symptoms, state what trouble annoys you. Is your appetite good ? Have you piles ? Are they bleeding or blind piles ? internal or external ? are the bowels loose or costive ?

14th. Are you weak across the back ? Have you pain in the region of the bladder ? Do you pass water often, if so, how often, and is it much or little at each time ? If there is a sediment, what color is the sediment—red, white, brown or gritty, or does it present a milky appearance ? When you pass water does it smart or pain ? Does blood or matter pass with the urine ? Have you had any venereal diseases ; if so, how long ago, and was you long afflicted with it ?

15th. Are you married or single ? If married, have you any children, and if so, are they healthy ? If no children do you desire them ? Is there a supposed fault on the part of husband or wife ? [If you have trouble in this direction a special list of questions will be sent for answer.]

16th. If a male, do you have involuntary seminal emissions, and if so, how often—at night—during the day, or both ? Do these emissions result from solitary indulgence, or excessive sexual indulgence, or both ? Is your erectile power partially or wholly gone ? If married, is the discharge of semen premature in sexual intercourse ? Did you have involuntary seminal emissions before marriage ? Are the testicles diminished in size ? are they swollen—enlarged—painful or tender, to the touch ?

17th. If a female, are you troubled with leucorrhœa, or whites ? Have you any dragging or bearing down feeling in the region of the womb ? Is sexual intercourse painful ? Do you enjoy it or not ? Are your courses regular—painful before, during or after the flow ; quantity slight or profuse, or about right. How many days do they continue ? Do you have soreness, irritation or distress in the vagina ? Have you ever had miscarriages ; if so, how many, and at what period of pregnancy ; and were they accidental or brought on by medicine or surgery ?

18th. What are your general habits ; your mode of living—the location of your house—is it considered healthy, or is it damp and unwholesome ?

Answers to the above questions will enable me to judge of your case very nearly as well as if you paid me a personal visit.

# Dr. COOPER'S SYSTEM OF INHALATION

FOR THE

## Treatment of Chronic Diseases of the Throat and Lungs, AND OF THE CAVITY OF THE NOSE.

In applying remedies for the removal of any disease we have to use either one of two methods, viz. : either apply the medicine directly to the affected part, or indirectly through the circulation of the blood. Now, any thinking person must admit that in diseases of any part of the system where it is possible for the physician to bring a direct influence, it will be far better to do so than to attempt the more circuitous route through the circulation. Many parts of the body, of course, must forever exclude the possibility of direct local treatment, as the heart, kidneys, etc., but the natural ways leading to parts which communicate directly with the external world, as in the respiratory organs, admit of the application of remedial agents directly to the diseased tissues. In Catarrhal affections, and also diseases of the **THROAT, LARYNX AND LUNGS**, such as **HOARSENESS, LOSS OF VOICE, ASTHMA, BRONCHITIS, PNEUMONIA**, and even in **TUBERCULAR CONSUMPTION**, we have found nothing else to give such **QUICK AND PERMANENT RELIEF** as inhalations of various remedial agents vaporized. The number of cures effected, as well as the time in which the cure takes place, is far more favorable than in similar cases treated internally alone. The Inhalations seem to form a real specific in cough which results from irritation of the larynx or trachea, in Asthma and many of those affections.

In treating diseases of the cavities of the nose, physicians have hereto met with many difficulties, owing to the fact that the cavity is large, complicated by many sinuses which are separated by thin, bony, and membranous curtains, therefore making it almost inaccessible. The local application of remedies, which is certainly the principal therapeutic requirement, could only be accomplished by mechanical contrivances which were so disagreeable to the patient that, after a short trial, they were abandoned, the sufferer preferring to let in one. The advantages of this combination are such that by simply placing the tube on one of the nozzles, a cleansing wash can be drawn up the nose in diseases of this organ, and it can be cleared of the collected sordes mucus, etc., that generally collect in these airpassages before the inhalation of vapor is brought in contact with the part, for very often failures occur in the use of inhalants because they do not come directly in contact with the diseased surface of the delicate mucus membrane that covers the internal passages.

In the use of the Inhaler the medicated vapor is brought in direct contact with the diseased tissue of the lungs, throat, or nasal cavity as the case may be, thus exerting its remedial effect, while the patient will find its use soothing, agreeable and pleasant.

Owing to the large number of people suffering from these diseases, especially of a Catarrhal nature, who will find it impossible to make personal application at our office for their relief, we will send them, on receipt of a full description of their trouble, by mail, one of our Inhalers, with the proper medicament sufficient for a month's treatment, together with instructions for use, for **FIVE DOLLARS**.

Address

**Dr. COOPER, 427 FULTON STREET, BROOKLYN, N. Y.**



a simple congestion of the lining membrane of the nasal cavity extend to an obstinate, offensive Catarrh, or even an ulceration of the bones themselves rather than submit to the painful and disagreeable appliances furnished them by the physician. After long and careful study as to the best way in which to meet this great want without its attendant objections, the writer has succeeded in devising an instrument which he takes pleasure in recommending to his patients, and to the public generally. It combines an Inhaler and a Nasal Douche



## MAGNETIC SPECIFICS.

**COOPER INSTITUTE,**  
For the Treatment of  
**CHRONIC DISEASES.**



**OFFICE,**  
**427 FULTON STREET,**  
**BROOKLYN, N. Y.**

**ELECTRICITY** in its various phases has been the subject of our investigations for years ; particularly that part of it relating to the healing of disease. Our aim from the beginning has been to probe the subject to its centre. We have studied into the whys and wherefores of its action upon the system to, if possible, find out the exact relation existing between electricity and man. We saw that the human system presented a great variety of electrical phases, some positive and some negative ; and this led to a desire to know the cause of these mysterious phenomena, whether due to an external influence or to an inherent principle of the body. Further investigations have shown us conclusively that

### **MAN IS AN ELECTRICAL MACHINE**

with a series of batteries, coils, cells, and other appendages complete ; that through his nervous system is established a regular system of telegraphy. It is evident, then, that health can only exist where there is electrical harmony. The pathological changes of the system are due in great measure to a disturbance of its electrical polarity. These changes point most unerringly to an electro-positive or negative state. What we want, then, is the adaptation of some remedies to neutralize or change these excesses of the body, and restore the inherent electrical equilibrium of the system.

In the preparation of the following remedies we have kept this fact in view, and combined certain remedial agents in such a manner that, when taken into the stomach and dissolved, the positive or negative portion of it will, by attraction, act on the diseased condition, whether it be either a positive or negative manifestation. We have named these

### **THE MAGNETIC SPECIFICS,**

and do not claim for them a cure-all ; but we do claim that they will be found superior preparations for the abnormal conditions which they are respectively intended to meet, and we believe all those who use them will find we have not claimed for them more than their merits will justify.

**Magnetic Specific, No. One.**—**Powerful Anti-Spasmodic** for all internal pains, such as sudden cramps in the stomach and bowels, etc., and

## MAGNETIC SPECIFICS.

especially useful in cases of painful menstruation. It, like all of our preparations, contains no narcotic, nor anything which will leave any injurious effects in the system.

**Specific No. Two.—Very Efficient Alternative** for the blood. In this preparation we have combined some of our best organic medicines, making a most efficient remedy for all skin diseases, Scrofula, Pimples on the Face, Ulcers, Scald Head, and the many other complaints which have their origin in an impure state of the blood. Keep the blood pure.

**Specific No. Three.—Better than Buchu** for Kidney and Bladder troubles. Because of the insidious manner in which these diseases approach, and their great prevalence, it is important to take alarm at the first warning of trouble there, and overcome at once any abnormal conditions. We have found this remedy peculiarly soothing and healing in most forms of kidney trouble.

**Specific No. Four.—For all kinds of Mucous Discharges**, such as Leucorrhœa, etc. No woman suffering from this great drain upon her system, unless she desires to become debilitated, nervous, and unfit for either work or pleasure should neglect it, but stop it at once.

**Specific No. Five.—One of the greatest Tonics for Women** ever offered to their notice, and for general weakness, loss of appetite sterility, pain in the back, etc., it cannot be excelled. Many of the miseries of modern womanhood might be prevented, if women when their systems become weakened from any cause, would at once commence a course of invigorating, tonic treatment, instead of neglecting themselves until their *general weakness* becomes a *special* disease. By the use of this tonic, purely vegetable in its nature, most cases of irregularity, suppression, leucorrhœa, prolapsus, and urinary troubles—with their long train of distressing symptoms—might be both avoided and relieved.

**Specific No. Six.—Efficient Remedy in Cholera Infantum**, Acidity of the Stomach, Heartburn, Dyspepsia, and Chronic Diarrhœa and Dysentery. The infant mortality from Cholera Infantum will be greatly lessened when this remedy becomes widely circulated. It possesses no stupefying principle as do most medicines advertised for this trouble, but effects a cure by completely neutralizing the acid and foul condition of stomach and bowels which causes and continues the disease. In affections of the stomach and bowels it may be given with equally pleasing results to both children and adults.

**Specific No. Seven.—For Colds, Coughs, Hoarseness, Influenza**, and especially beneficial for those who are weakened by these diseases. To neglect a cold or cough is a frequent way of committing suicide, for a protracted cough usually results in that dreaded disease, consumption. Avoid this by using our Specific, which first promotes expectoration and then heals the irritated lungs and bronchi.

**Specific No. Eight.—Specific for Rheumatism, Neuralgia, Gout, Sciatica, Lumbago**, and all muscular pains. These troubles have an internal cause not usually understood by the people. They result from a blood-poison, which must be neutralized and eliminated from the system before the patient can obtain permanent relief.

**Specific No. Nine.—Food for the Nerves**: A splendid remedy in loss of memory, debility, loss of power, and a general disinclination to nerve one's self to the duties of life. Those suffering from these annoying affections will welcome with joy the receipt of so valuable a remedy.

**Specific No. Ten.—Asthmatic Compound**: For Asthma, tightness

## MAGNETIC SPECIFICS.

across the chest, difficulty of breathing, and of great benefit in old, long-standing coughs. The cause of Asthma being a peculiar morbid irritability of the pulmonary nerves, we have directed this preparation to overcoming the cause as well as the effect.

**Specific No. Eleven.—For Gonorrhœa:** There are hundreds suffering from this disease who have had it for months without being able to obtain relief. This Specific will be found to act *effectually* and *mildly*, differing in the latter respect from the usual harsh injections used by physicians and surgeons, their severe treatment instead of curing the disease often producing Stricture, Chordee, etc. In our preparations we have specially sought to avoid this.

**Specific No. Twelve.—Cardiac Tonic for Diseases of the Heart:** We depend largely upon this remedy in our own practice wherever there is any functional derangement of the heart, as palpitation, etc., and find it to seldom fail in removing all unpleasant symptoms.

**Specific No. Thirteen.—A Specific Remedy for Epilepsy, or Falling Sickness, and most kinds of fits, which has given great satisfaction.** This is a disease that needs the earliest attention, and those using our medicines will find relief.

**Specific No. Fourteen.—Pile Remedy:** We have prepared this remedy for the use of those who cannot come to us, and feel that we cannot recommend its use too highly, it being one of the principal remedial agents to which we are indebted for our great success in the treatment of this troublesome complaint.

**Specific No. Fifteen.—A Specific Inhalation for Catarrh, throat and lung diseases.** The most obstinate cases of Catarrh will usually yield to the repeated use of this Inhalation. It will also be found to give great relief in throat and lung affections, and in most cases will work a permanent cure. We have prepared it for special use with our Inhaler, by which means its medicinal properties are brought into direct contact with the diseased tissues.

**Specific No. Sixteen.—For Gathered Breasts, and glandular swellings of all kinds, this acts like magic, giving almost instant relief.** No woman having suffered from a gathered breast once ever wants a repetition. This remedy immediately soothes all pain, dispels the swelling and inflammation, and is permanent in its effects. No pregnant woman should be without it.

These Magnetic Specifics are prepared at

**COOPER INSTITUTE for the Treatment of CHRONIC DISEASES,  
427 FULTON STREET, BROOKLYN, N. Y.,**

And will be mailed to any part of the country upon receipt of price, one dollar per package.

**Magnetic Pills, No. 1 and 2.**—To be taken together for the Radical Cure of Nervous Weakness, Exhaustion, Impotence, impaired memory, loss of energy, and the general results of self-abuse, or the effects of any severe drain upon the nervous or sexual systems. Sent to any address on receipt of price, three dollars per package. These pills are what you want. Send for them.

**Magnetic Eye Salve.**—For the cure of diseases of the eye, and dimness of vision, weak eyes, spots before the eyes, opacity of the cornea, granulation and redness of the eyelids, scalding tears, etc.; a most valuable remedy for all who are suffering from these troubles.

Price, postpaid, one dollar per package.







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